



Roasted Chicken Drummie Dinner

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 regular corn frozen
- 1.5 lb chicken drumettes
- 8 small potatoes - remove skin red quartered
- 1 medium bell pepper red cut into 1-inch pieces
- 0.3 cup mustard
- 1 tablespoon vegetable oil
- 0.5 teaspoon highest available proof grain spirit
- 0.3 teaspoon salt

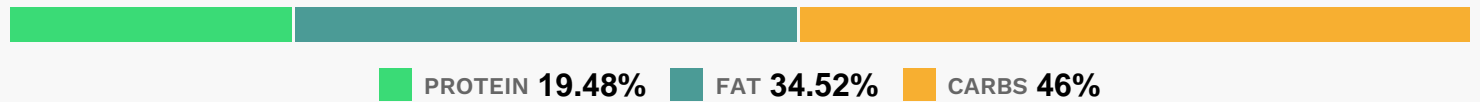
Equipment

- bowl
- frying pan
- oven

Directions

- Unwrap corn; place in bowl of warm water for 15 to 20 minutes to partially thaw.
- Meanwhile, heat oven to 425°F. Spray 15x10x1-inch pan with cooking spray. In large bowl, place chicken drumettes, potatoes and bell pepper.
- Drain corn; add to chicken mixture.
- Add mustard-mayonnaise sauce, oil, garlic-pepper blend and salt; toss to coat well.
- Spread mixture in pan.
- Bake 40 to 50 minutes or until juice of chicken is clear when thickest part is cut to bone (180°F), stirring and turning chicken and vegetables once during baking.

Nutrition Facts



Properties

Glycemic Index:43.88, Glycemic Load:0.87, Inflammation Score:-8, Nutrition Score:25.271738814271%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 493.32kcal (24.67%), Fat: 19.2g (29.53%), Saturated Fat: 4.81g (30.09%), Carbohydrates: 57.56g (19.19%), Net Carbohydrates: 50.4g (18.33%), Sugar: 5.96g (6.63%), Cholesterol: 70.73mg (23.58%), Sodium: 446.04mg (19.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.38g (48.75%), Vitamin C: 68.14mg (82.59%), Potassium: 1783.43mg (50.96%), Vitamin B6: 1mg (50.1%), Vitamin B3: 9.8mg (49.02%), Phosphorus: 357.4mg (35.74%), Selenium: 21.28µg (30.4%), Manganese: 0.61mg (30.3%), Fiber: 7.16g (28.64%), Magnesium: 103.99mg (26%), Copper: 0.51mg (25.71%), Vitamin B1: 0.37mg (24.5%), Vitamin A: 1106.72IU (22.13%), Iron: 3.75mg (20.85%),

Folate: 80.69µg (20.17%), Vitamin B5: 1.82mg (18.16%), Zinc: 2.57mg (17.11%), Vitamin K: 17.82µg (16.97%), Vitamin B2: 0.22mg (13.21%), Vitamin E: 1.12mg (7.46%), Calcium: 57.19mg (5.72%), Vitamin B12: 0.29µg (4.9%)