



## Roasted Chicken Drummie Dinner

 **Gluten Free**  **Dairy Free**

READY IN



**70 min.**

SERVINGS



**4**

CALORIES



**645 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 lb chicken drumettes
- 8 ears corn frozen
- 0.3 cup mustard
- 0.5 teaspoon garlic
- 1 medium bell pepper red cut into 1-inch pieces
- 8 small potatoes - remove skin red quartered
- 0.3 teaspoon salt
- 1 tablespoon vegetable oil

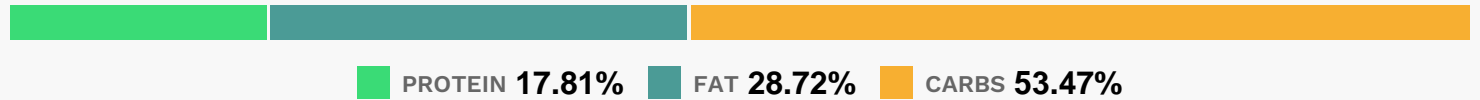
# Equipment

- 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 425F. 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 (180F), stirring and turning chicken and vegetables once during baking.

# Nutrition Facts



# Properties

Glycemic Index:23.5, Glycemic Load:0.46, Inflammation Score:-9, Nutrition Score:33.679565300112%

# 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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

# Nutrients (% of daily need)

Calories: 644.56kcal (32.23%), Fat: 21.59g (33.22%), Saturated Fat: 5.39g (33.72%), Carbohydrates: 90.46g (30.15%), Net Carbohydrates: 79.78g (29.01%), Sugar: 17.13g (19.03%), Cholesterol: 70.73mg (23.58%), Sodium: 473.04mg (20.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.13g (60.26%), Vitamin C: 80.38mg (97.43%), Potassium: 2263.94mg (64.68%), Vitamin B3: 12.92mg (64.58%), Vitamin B6: 1.17mg (58.44%), Phosphorus: 513.96mg (51.4%), Manganese: 0.89mg (44.71%), Vitamin B1: 0.64mg (42.98%), Fiber: 10.68g (42.73%), Magnesium: 169.07mg (42.27%), Folate: 155.26µg (38.81%), Selenium: 22.39µg (31.99%), Vitamin B5: 3.09mg

(30.86%), Copper: 0.61mg (30.41%), Vitamin A: 1437.98IU (28.76%), Iron: 4.67mg (25.97%), Zinc: 3.35mg (22.34%),  
Vitamin B2: 0.32mg (18.89%), Vitamin K: 18.35µg (17.48%), Vitamin E: 1.24mg (8.26%), Calcium: 61.28mg (6.13%),  
Vitamin B12: 0.29µg (4.9%)