



Savory Chicken Drumettes



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



20

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 chicken drumettes
- ☐ 2 Tbsp dijon mustard
- ☐ 8 cloves garlic crushed peeled
- ☐ 2 Tbsp honey
- ☐ 2 Tbsp juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon pepper freshly ground
- ☐ 2 teaspoons salt

☐ 1 Tbsp tamari soy sauce (or)

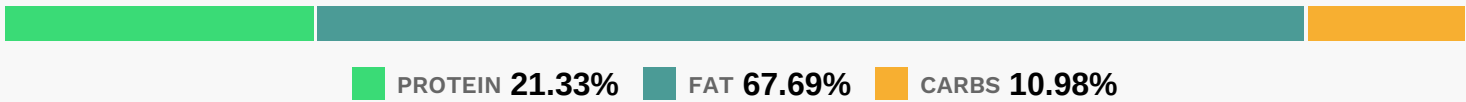
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Rinse and pat dry drummettes, place in a large, non-reactive bowl, or leak-proof plastic bag.
- ☐ Mix together garlic, honey, mustard, soy sauce, lemon juice, oil, salt and pepper for marinade.
- ☐ Pour marinade over chicken drummettes and make sure each piece is well coated. Refrigerate for at least one hour and up to one day.² Preheat oven to 400°F.
- ☐ Place chicken in a single layer on a wire rack set over an oven tray lined with aluminum foil.
- ☐ Bake 25–35 minutes (depending on the size of your chicken drummettes) until well browned and cooked through.

Nutrition Facts



Properties

Glycemic Index:8.06, Glycemic Load:1.04, Inflammation Score:-1, Nutrition Score:2.1017391344775%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 88.02kcal (4.4%), Fat: 6.65g (10.22%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 2.29g (0.83%), Sugar: 1.81g (2.01%), Cholesterol: 18.71mg (6.24%), Sodium: 317.44mg (13.8%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Vitamin B3: 1.5mg (7.49%), Selenium: 4.48µg (6.4%), Vitamin B6: 0.1mg (5.21%), Phosphorus: 37.06mg (3.71%), Vitamin E: 0.47mg (3.14%), Manganese: 0.05mg (2.52%), Zinc: 0.36mg (2.38%), Vitamin B5: 0.21mg (2.06%), Iron: 0.33mg (1.85%), Vitamin K: 1.83µg (1.74%), Vitamin B2: 0.03mg (1.54%), Magnesium: 6.06mg (1.52%), Potassium: 50.92mg (1.45%), Vitamin C: 1.14mg (1.38%), Vitamin B12: 0.08µg (1.3%), Vitamin B1: 0.02mg (1.19%)