



WHATSheATE



Sesame Chicken Drumettes



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons barbecue sauce
- ☐ 1.3 pounds chicken drumettes (12)
- ☐ 1.5 tablespoons cooking sherry dry
- ☐ 1.5 tablespoons honey
- ☐ 0.3 teaspoon sesame oil
- ☐ 1.5 tablespoons sesame seed toasted
- ☐ 0.3 cup teriyaki sauce

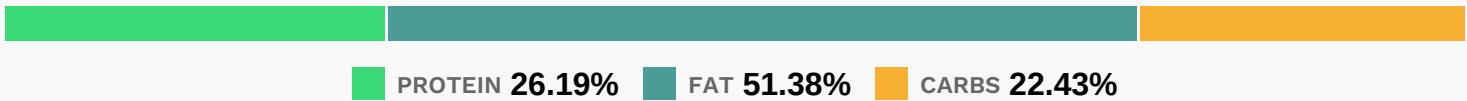
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ tongs

Directions

- ☐ In a large resealable plastic bag, combine teriyaki sauce, sherry, and sesame seeds.
- ☐ Add chicken drumettes, turning to coat. Seal bag and refrigerate for at least 30 minutes, or up to 1 day.
- ☐ Preheat oven to 400 degrees F.
- ☐ Line a cookie sheet with foil. Using tongs, transfer drumettes to cookie sheet. Discard marinade.
- ☐ Bake until drumettes are golden brown, about 15 minutes.
- ☐ Mix barbecue sauce, honey, and sesame oil in a small bowl.
- ☐ Brush drumettes with half of sauce mixture and bake for 5 more minutes. Using clean tongs, turn drumettes over, brush other side with sauce mixture, and bake for 5 more minutes.
- ☐ Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:3.53, Inflammation Score:-3, Nutrition Score:6.9934782327517%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 250.53kcal (12.53%), Fat: 14.01g (21.55%), Saturated Fat: 3.68g (22.98%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 13.31g (4.84%), Sugar: 12.09g (13.43%), Cholesterol: 58.94mg (19.65%), Sodium: 1043.6mg (45.37%), Alcohol: 0.58g (100%), Alcohol %: 0.59% (100%), Protein: 16.07g (32.13%), Vitamin B3: 5.03mg (25.16%), Selenium: 13.31µg (19.02%), Vitamin B6: 0.33mg (16.26%), Phosphorus: 159.51mg (15.95%), Magnesium: 40.52mg (10.13%), Copper: 0.19mg (9.28%), Iron: 1.66mg (9.23%), Zinc: 1.31mg (8.73%), Vitamin B5: 0.65mg (6.54%), Potassium: 210.76mg (6.02%), Vitamin B2: 0.1mg (5.83%), Manganese: 0.11mg (5.44%), Calcium: 47.58mg (4.76%), Vitamin B1: 0.07mg (4.63%), Vitamin B12: 0.24µg (4.08%), Vitamin A: 127.49IU (2.55%), Folate: 8.24µg (2.06%), Vitamin E: 0.29mg (1.95%), Fiber: 0.45g (1.81%)