



Spicy Chicken Drumsticks

READY IN



65 min.

SERVINGS



5

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds skin-on chicken drumsticks
- 0.3 cup flour all-purpose
- 0.3 cup cornmeal yellow
- 0.5 teaspoon ground cumin
- 0.5 teaspoon chili powder
- 0.3 teaspoon salt
- 0.3 cup buttermilk
- 0.3 teaspoon hot sauce red
- 1 serving pam original flavor shopping list

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 400°. Spray rectangular pan, 13x9x2 inches, with cooking spray.
- Remove skin and fat from chicken.
- Mix flour, cornmeal, cumin, chili powder and salt in heavy-duty resealable plastic food-storage bag.
- Mix buttermilk and pepper sauce in medium bowl. Dip chicken into buttermilk mixture, then place in bag. Seal bag and shake until evenly coated.
- Place chicken in pan; spray chicken lightly with cooking spray.
- Bake uncovered 40 to 45 minutes or until juice of chicken is no longer pink when centers of thickest pieces are cut.

Nutrition Facts

PROTEIN 35.38% **FAT 42.09%** **CARBS 22.53%**

Properties

Glycemic Index:35.9, Glycemic Load:9.46, Inflammation Score:-3, Nutrition Score:11.563478146558%

Nutrients (% of daily need)

Calories: 275.74kcal (13.79%), Fat: 12.62g (19.41%), Saturated Fat: 3.42g (21.35%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 13.88g (5.05%), Sugar: 0.99g (1.1%), Cholesterol: 113.6mg (37.87%), Sodium: 269mg (11.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.86g (47.73%), Selenium: 27.69µg (39.55%), Vitamin B3: 6.68mg (33.41%), Phosphorus: 249.86mg (24.99%), Vitamin B6: 0.48mg (24.05%), Zinc: 2.8mg (18.67%), Vitamin B2: 0.28mg (16.72%), Vitamin B5: 1.42mg (14.19%), Vitamin B1: 0.2mg (13.67%), Vitamin B12: 0.74µg (12.37%), Magnesium: 40.13mg (10.03%), Potassium: 343.52mg (9.81%), Iron: 1.64mg (9.13%), Manganese: 0.16mg (7.83%), Copper: 0.12mg (5.98%), Folate: 23.39µg (5.85%), Fiber: 1.31g (5.25%), Calcium: 35.05mg (3.51%), Vitamin K: 3.36µg (3.2%), Vitamin A: 144.48IU (2.89%), Vitamin E: 0.37mg (2.46%), Vitamin D: 0.33µg (2.2%)