



Spicy Chicken Drumsticks

READY IN



65 min.

SERVINGS



5

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 2 pounds skin-on chicken drumsticks
- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon hot sauce red
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup frangelico yellow

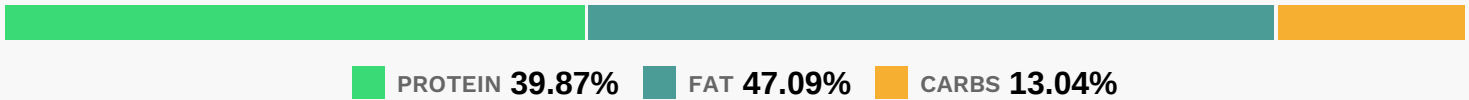
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 40
- ☐ 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



Properties

Glycemic Index:22.2, Glycemic Load:4.85, Inflammation Score:-2, Nutrition Score:10.314347804241%

Nutrients (% of daily need)

Calories: 234.87kcal (11.74%), Fat: 11.98g (18.43%), Saturated Fat: 3.3g (20.65%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 7.15g (2.6%), Sugar: 0.82g (0.92%), Cholesterol: 113.6mg (37.87%), Sodium: 268.57mg (11.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.82g (45.64%), Selenium: 27.05µg (38.65%), Vitamin B3: 6.42mg (32.1%), Phosphorus: 226.01mg (22.6%), Vitamin B6: 0.42mg (20.92%), Zinc: 2.47mg (16.48%), Vitamin B2: 0.27mg (16.14%), Vitamin B5: 1.36mg (13.56%), Vitamin B12: 0.74µg (12.37%), Vitamin B1: 0.17mg (11.55%), Potassium: 309.39mg (8.84%), Iron: 1.33mg (7.37%), Magnesium: 28.79mg (7.2%), Folate: 19.78µg (4.95%), Copper: 0.09mg (4.7%), Manganese: 0.09mg (4.43%), Calcium: 34.42mg (3.44%), Vitamin K: 3.34µg (3.18%), Vitamin A: 144.48IU (2.89%), Vitamin E: 0.33mg (2.2%), Vitamin D: 0.33µg (2.2%), Fiber: 0.32g (1.26%)