



Spicy Chicken Drumsticks



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



5

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 green onions chopped (scallions)
- ☐ 0.5 scotch bonnet chile seeded chopped (or 3 serrano chilies)
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 3 cloves garlic chopped
- ☐ 1.3 teaspoon ground allspice
- ☐ 1 teaspoon kosher salt plus more for additional seasoning
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 3.5 lbs chicken dumsticks
- ☐ 5 servings olive oil extra virgin

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Make the chili paste: In a food processor, purée the green onions, chilies, vinegar, garlic, thyme, allspice, salt and pepper into a thick paste.
- ☐ Put the drumsticks in a large bowl and coat with the chili paste.
- ☐ Let stand for 10 minutes.
- ☐ Prepare oven and chicken for broiling: Position the oven rack in the center of the oven and set the broiler to high.
- ☐ Coat the bottom of a broiler pan (under the perforated top part of the pan) with oil. (Note that a broiler pan really works best here. A regular baking pan may warp under the high heat of the broiler.)
- ☐ Arrange the drumsticks on the pan and sprinkle generously with salt.
- ☐ Broil the chicken: Broil chicken, turning once after about 10 minutes. Continue broiling until cooked through (juices run clear when poked with a knife tip) and nicely browned, about 20 minutes total.
- ☐ Note that some pieces may cook faster than others, in which case remove the pieces that are done and continue to cook the rest until cooked through.

Nutrition Facts



 PROTEIN **25.09%**  FAT **72.07%**  CARBS **2.84%**

Properties

Glycemic Index:39.8, Glycemic Load:0.69, Inflammation Score:-9, Nutrition Score:15.580434851024%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 466.57kcal (23.33%), Fat: 37.08g (57.05%), Saturated Fat: 8.53g (53.33%), Carbohydrates: 3.29g (1.1%), Net Carbohydrates: 2.26g (0.82%), Sugar: 0.63g (0.7%), Cholesterol: 114.31mg (38.1%), Sodium: 577.33mg (25.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.05g (58.1%), Vitamin K: 60.89µg (57.99%), Vitamin B3: 10.56mg (52.79%), Selenium: 22.38µg (31.97%), Vitamin B6: 0.58mg (29.1%), Phosphorus: 238.95mg (23.89%), Vitamin E: 2.62mg (17.44%), Zinc: 2.15mg (14.33%), Vitamin B5: 1.43mg (14.26%), Vitamin C: 11.42mg (13.84%), Vitamin B2: 0.21mg (12.48%), Iron: 2.18mg (12.09%), Potassium: 383.71mg (10.96%), Vitamin A: 532.64IU (10.65%), Magnesium: 39.47mg (9.87%), Manganese: 0.17mg (8.38%), Vitamin B12: 0.47µg (7.87%), Vitamin B1: 0.11mg (7.36%), Folate: 25.63µg (6.41%), Copper: 0.11mg (5.7%), Calcium: 48.09mg (4.81%), Fiber: 1.03g (4.13%), Vitamin D: 0.3µg (2.03%)