



Spicy Chipotle Cheddar Drummettes

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



148 kcal

SIDE DISH

Ingredients

- 4 stalks celery cut into 3-inch chunks
- 2 lb chicken drummettes
- 0.5 cup mango chutney
- 2 Tbsp real mayo mayonnaise kraft

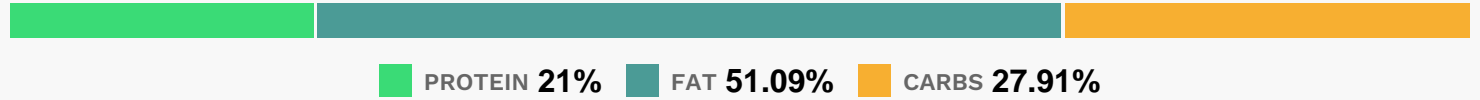
Equipment

- baking sheet
- oven

Directions

- Heat oven to 375°F. Coat chicken with cheese mixture as directed on package; place on baking sheet sprayed with cooking spray.
- Bake 38 to 40 min. or until chicken is done. Meanwhile, mix chutney and mayo until blended.
- Serve drumettes with mayo mixture.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:5.35, Inflammation Score:-1, Nutrition Score:3.496086973211%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 147.52kcal (7.38%), Fat: 8.27g (12.73%), Saturated Fat: 2.11g (13.16%), Carbohydrates: 10.17g (3.39%), Net Carbohydrates: 9.8g (3.56%), Sugar: 7.06g (7.85%), Cholesterol: 32.4mg (10.8%), Sodium: 59.61mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.3%), Vitamin B3: 2.47mg (12.33%), Selenium: 6.72µg (9.6%), Vitamin B6: 0.16mg (7.79%), Vitamin K: 7.66µg (7.29%), Phosphorus: 60.26mg (6.03%), Zinc: 0.57mg (3.81%), Vitamin B5: 0.35mg (3.52%), Vitamin B2: 0.05mg (3.22%), Potassium: 109.72mg (3.13%), Iron: 0.49mg (2.72%), Vitamin A: 121.37IU (2.43%), Vitamin C: 1.95mg (2.36%), Magnesium: 9.4mg (2.35%), Vitamin B12: 0.13µg (2.22%), Folate: 8.11µg (2.03%), Copper: 0.04mg (1.8%), Vitamin E: 0.25mg (1.67%), Vitamin B1: 0.02mg (1.66%), Fiber: 0.37g (1.48%), Manganese: 0.03mg (1.35%), Calcium: 13.25mg (1.32%)