



Spicy Honey Chicken Drumettes

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



12

CALORIES



84 kcal

SIDE DISH

Ingredients

- 0.3 cup honey
- 0.3 cup soya sauce
- 0.3 cup chili sauce
- 0.5 teaspoon sauce of the chicken from the turbo broiler
- 0.3 teaspoon ginger
- 0.3 teaspoon ground mustard dry
- 12 chicken drumettes

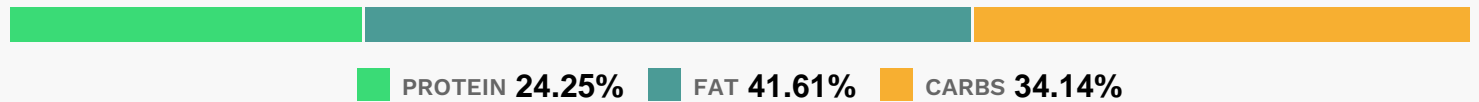
Equipment

- oven
- baking pan

Directions

- In 12x8-inch (2-quart) baking dish, combine honey, soy sauce, chili sauce, hot pepper sauce, ginger and dry mustard; mix well.
- Add drumettes; turn to coat. Cover; refrigerate 1 hour to marinate.
- Heat oven to 375°F. Uncover dish.
- Bake chicken in marinade at 375°F. for 45 to 60 minutes or until chicken is tender and no longer pink next to bone, brushing with marinade occasionally.

Nutrition Facts



Properties

Glycemic Index:6.86, Glycemic Load:3.07, Inflammation Score:-1, Nutrition Score:2.133478232052%

Nutrients (% of daily need)

Calories: 83.79kcal (4.19%), Fat: 3.92g (6.03%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 7.04g (2.56%), Sugar: 6.64g (7.38%), Cholesterol: 18.71mg (6.24%), Sodium: 370.53mg (16.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.27%), Vitamin B3: 1.73mg (8.66%), Selenium: 4.01µg (5.73%), Vitamin B6: 0.11mg (5.29%), Phosphorus: 41.96mg (4.2%), Zinc: 0.37mg (2.48%), Iron: 0.43mg (2.36%), Potassium: 73.35mg (2.1%), Vitamin B5: 0.21mg (2.1%), Vitamin B2: 0.04mg (2.09%), Magnesium: 7.3mg (1.83%), Manganese: 0.04mg (1.76%), Vitamin A: 74.41IU (1.49%), Vitamin C: 1.12mg (1.36%), Copper: 0.03mg (1.34%), Vitamin B1: 0.02mg (1.33%), Vitamin B12: 0.08µg (1.3%), Vitamin E: 0.18mg (1.23%)