



Spicy Honey Chicken Drumettes

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



12

CALORIES



84 kcal

SIDE DISH

Ingredients

- 12 chicken drumettes
- 0.3 cup chili sauce
- 0.3 teaspoon ground mustard dry
- 0.3 teaspoon ginger
- 0.3 cup honey
- 0.5 teaspoon hot sauce
- 0.3 cup soya sauce

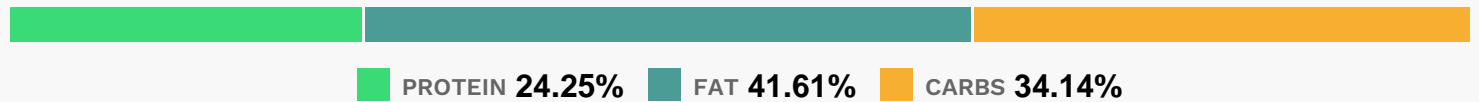
Equipment

- 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 375F. Uncover dish.
- Bake chicken in marinade at 375F. 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:2.1430434662363%

Nutrients (% of daily need)

Calories: 83.81kcal (4.19%), Fat: 3.92g (6.03%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 7.24g (2.41%), Net Carbohydrates: 7.04g (2.56%), Sugar: 6.64g (7.38%), Cholesterol: 18.71mg (6.24%), Sodium: 368.64mg (16.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.28%), Vitamin B3: 1.73mg (8.67%), Selenium: 4.01µg (5.73%), Vitamin B6: 0.11mg (5.3%), Phosphorus: 41.98mg (4.2%), Zinc: 0.37mg (2.48%), Iron: 0.43mg (2.37%), Vitamin B2: 0.04mg (2.1%), Vitamin B5: 0.21mg (2.1%), Potassium: 73.59mg (2.1%), Magnesium: 7.31mg (1.83%), Manganese: 0.04mg (1.77%), Vitamin C: 1.25mg (1.51%), Vitamin A: 74.68IU (1.49%), Copper: 0.03mg (1.34%), Vitamin B1: 0.02mg (1.34%), Vitamin B12: 0.08µg (1.3%), Vitamin E: 0.18mg (1.23%)