



Spicy Honey-Lime Grilled Drumsticks



Gluten Free



Dairy Free



Low Fod Map

READY IN



80 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings spicy honey-lime barbecue sauce
- ☐ 8 skin-on chicken drumsticks
- ☐ 1 leaves garnishes: cilantro lime wedges fresh
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

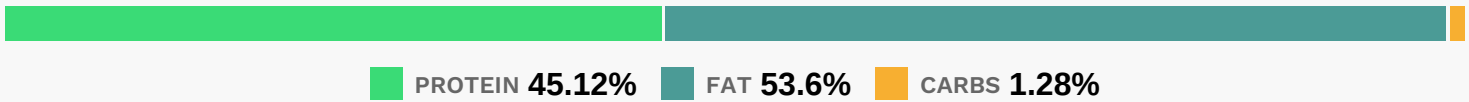
Equipment

- ☐ grill

Directions

- ☐ Sprinkle chicken with salt and pepper.
- ☐ Let stand, covered, 30 minutes.
- ☐ Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350 to 400 (medium-high) heat. Grill chicken, covered with grill lid, 5 to 10 minutes on each side or until browned. Reduce grill temperature to 250 to 300 (low) heat; grill chicken, covered with grill lid, 20 to 30 minutes.
- ☐ Meanwhile, prepare Spicy Honey-Lime Barbecue Sauce. Reserve 1 cup sauce.
- ☐ Brush chicken with remaining barbecue sauce. Cover with grill lid, and grill 10 more minutes or until done.
- ☐ Serve chicken with reserved 1 cup barbecue sauce.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:10.605652085141%

Flavonoids

Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 243.18kcal (12.16%), Fat: 14.08g (21.66%), Saturated Fat: 3.71g (23.21%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.34g (0.38%), Cholesterol: 139.31mg (46.44%), Sodium: 749.2mg (32.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.67g (53.34%), Selenium: 29.4µg (42%), Vitamin B3: 7.33mg (36.67%), Vitamin B6: 0.5mg (25.21%), Phosphorus: 252mg (25.2%), Zinc: 2.91mg (19.42%), Vitamin B5: 1.57mg (15.71%), Vitamin B2: 0.25mg (14.94%), Vitamin B12: 0.83µg (13.88%), Potassium: 343.68mg (9.82%), Vitamin B1: 0.12mg (8.22%), Magnesium: 30.87mg (7.72%), Iron: 0.99mg (5.51%), Copper: 0.1mg (4.85%), Vitamin K: 4.21µg (4.01%), Manganese: 0.06mg (3.02%), Vitamin E: 0.3mg (1.99%), Calcium: 17.02mg (1.7%), Vitamin A: 73.39IU (1.47%), Folate: 4.63µg (1.16%), Vitamin D: 0.15µg (1.01%)