



Spicy Maple Chicken Drummies



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



20

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 lb chicken drumettes (20)
- ☐ 0.3 cup chili sauce
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.5 teaspoon ground mustard
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 0.3 cup maple syrup
- ☐ 1 tablespoon soya sauce

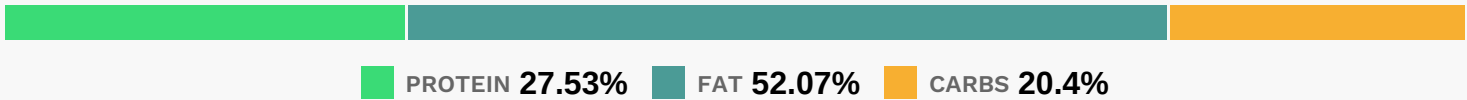
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375F. In small bowl, mix all ingredients except chicken. In ungreased 15x10x1-inch pan, place chicken.
- ☐ Pour syrup mixture over chicken; turn chicken to coat.
- ☐ Bake uncovered 45 to 55 minutes, turning once and brushing with syrup mixture after 30 minutes, until juice of chicken is clear when thickest part is cut to bone (180F).
- ☐ Serve chicken with syrup mixture.

Nutrition Facts



Properties

Glycemic Index:6.43, Glycemic Load:1, Inflammation Score:-1, Nutrition Score:2.2078260779381%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 69.35kcal (3.47%), Fat: 3.95g (6.07%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 3.37g (1.23%), Sugar: 2.89g (3.21%), Cholesterol: 18.86mg (6.29%), Sodium: 114.27mg (4.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.39%), Vitamin B3: 1.55mg (7.76%), Selenium: 3.95µg (5.64%), Manganese: 0.1mg (5.22%), Vitamin B6: 0.09mg (4.71%), Vitamin B2: 0.08mg (4.54%), Phosphorus: 35.94mg (3.59%), Zinc: 0.37mg (2.46%), Vitamin B5: 0.19mg (1.92%), Potassium: 63.56mg (1.82%), Iron: 0.3mg (1.65%), Vitamin A: 82.69IU (1.65%), Magnesium: 6.37mg (1.59%), Vitamin B12: 0.08µg (1.31%), Vitamin B1: 0.02mg (1.25%), Vitamin C: 0.91mg (1.11%)