



Sticky chicken



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 skin-on chicken drumsticks
- ☐ 2 tbsp soya sauce
- ☐ 1 tbsp honey
- ☐ 1 tbsp olive oil
- ☐ 1 tsp tomato purée
- ☐ 1 tbsp dijon mustard

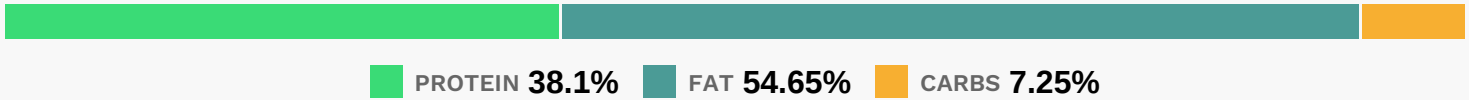
Equipment

- ☐ oven

Directions

- ☐ Make 3 slashes on each of the drumsticks.
- ☐ Mix together the soy, honey, oil, tomato pure and mustard.
- ☐ Pour this mixture over the chicken and coat thoroughly. Leave to marinate for 30 mins at room temperature or overnight in the fridge.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Tip the chicken into a shallow roasting tray and cook for 35 mins, turning occasionally, until the chicken is tender and glistening with the marinade.

Nutrition Facts



Properties

Glycemic Index:24.82, Glycemic Load:2.33, Inflammation Score:-2, Nutrition Score:11.572173991929%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 295.73kcal (14.79%), Fat: 17.7g (27.24%), Saturated Fat: 4.2g (26.27%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 5.02g (1.83%), Sugar: 4.56g (5.07%), Cholesterol: 139.31mg (46.44%), Sodium: 702.03mg (30.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.77g (55.54%), Selenium: 30.77µg (43.96%), Vitamin B3: 7.72mg (38.61%), Phosphorus: 267.72mg (26.77%), Vitamin B6: 0.53mg (26.29%), Zinc: 2.99mg (19.9%), Vitamin B5: 1.62mg (16.19%), Vitamin B2: 0.27mg (15.99%), Vitamin B12: 0.83µg (13.88%), Potassium: 369.53mg (10.56%), Vitamin B1: 0.14mg (9.02%), Magnesium: 36.02mg (9%), Iron: 1.29mg (7.15%), Vitamin K: 5.98µg (5.7%), Copper: 0.11mg (5.6%), Vitamin E: 0.82mg (5.5%), Manganese: 0.09mg (4.61%), Calcium: 19.83mg (1.98%), Folate: 6.64µg (1.66%), Vitamin A: 77.42IU (1.55%), Fiber: 0.26g (1.05%), Vitamin D: 0.15µg (1.01%)