



Sweet and Spicy Chicken Drumettes

 **Gluten Free**  **Dairy Free**

READY IN



232 min.

SERVINGS



6

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons ground arrowroot powder
- 3 pounds chicken drumettes
- 2 tablespoons chili powder
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic minced
- 6 servings kosher salt
- 0.3 cup brown sugar light packed
- 0.3 cup soya sauce reduced-sodium

- 0.3 cup marsala wine sweet
- 0.8 cup pineapple juice
- 1 teaspoons pepper flakes red crushed
- 2 tablespoons sesame oil

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- aluminum foil
- ziploc bags
- pastry brush

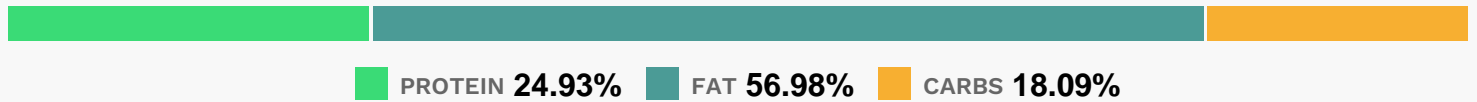
Directions

- In a medium bowl, whisk together the pineapple juice, soy sauce, Marsala wine, brown sugar, sesame oil, garlic, chili powder, and red pepper flakes until the sugar is dissolved.
- Put the chicken drumettes in a 1-gallon size, resealable plastic bag.
- Add the pineapple liquid to the chicken and seal removing as much air as possible from the bag. Marinate the chicken for 3 hours in the refrigerator.
- Put an oven rack in the center of the oven. Preheat the oven to 450 degrees F. Line a baking sheet with foil and spray it liberally with vegetable cooking spray.
- Remove the chicken from the marinade and arrange in a single layer on the prepared pan. Season the chicken with salt, to taste, and bake until the skin is caramelized and very dark in spots, about 30 to 35 minutes.
- Meanwhile, put the marinade into a small saucepan.
- Whisk in the arrowroot or cornstarch, if using, and bring to a boil over medium heat (in order to kill bacteria). Reduce the heat to a low boil and cook until thick, about 5 minutes. Cool for

10 minutes.

- Using a pastry brush, brush some of the cooked marinade over the chicken or pour it into a small bowl and serve on the side. Arrange the chicken on a platter, sprinkle with chopped cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:2.53, Inflammation Score:-7, Nutrition Score:12.027826094109%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 401.35kcal (20.07%), Fat: 24.74g (38.06%), Saturated Fat: 6.23g (38.95%), Carbohydrates: 17.68g (5.89%), Net Carbohydrates: 16.4g (5.96%), Sugar: 12.92g (14.35%), Cholesterol: 94.3mg (31.43%), Sodium: 846.95mg (36.82%), Alcohol: 1.53g (100%), Alcohol %: 0.99% (100%), Protein: 24.35g (48.71%), Vitamin B3: 7.87mg (39.36%), Selenium: 20µg (28.58%), Vitamin B6: 0.56mg (28.04%), Vitamin A: 1116.08IU (22.32%), Phosphorus: 199.7mg (19.97%), Manganese: 0.32mg (16.22%), Zinc: 1.93mg (12.85%), Iron: 2.09mg (11.6%), Vitamin E: 1.66mg (11.06%), Vitamin B2: 0.18mg (10.6%), Vitamin B5: 1.05mg (10.53%), Magnesium: 42.01mg (10.5%), Potassium: 366.79mg (10.48%), Vitamin B12: 0.39µg (6.53%), Vitamin B1: 0.09mg (6.22%), Copper: 0.12mg (6.07%), Vitamin K: 5.98µg (5.69%), Vitamin C: 4.32mg (5.24%), Fiber: 1.28g (5.1%), Folate: 17.89µg (4.47%), Calcium: 43.87mg (4.39%)