



## Sweet and Spicy Chicken Drumsticks



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 12 large skin-on chicken drumsticks
- ☐ 1 tablespoon cornstarch
- ☐ 6 servings kosher salt
- ☐ 0.3 cup mirin sweet ( Japanese rice wine)
- ☐ 1 cup rice flour
- ☐ 0.5 cup sriracha
- ☐ 0.3 cup strawberry jelly red
- ☐ 0.5 cup unseasoned rice vinegar

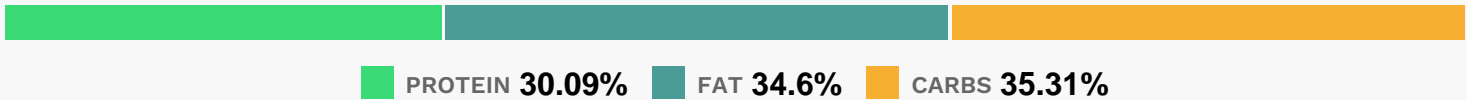
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk

# Directions

- ☐ Bring Sriracha, rice vinegar, mirin, and jellyto a boil in a small heavy saucepan overhigh heat. Reduce heat to medium; simmer,adjusting heat if necessary, until mixtureis thick and reduced to 3/4 cup, about 10minutes. DO AHEAD: Can be made 1 weekahead. Cover; chill. Rewarm before using.
- ☐ Place drumsticks in a large bowl andseason generously with salt. Cover and refrigerate for 1 hour.Preheat oven to 450°F.
- ☐ Whisk rice flourand cornstarch in a medium bowl.
- ☐ Place awire rack on a rimmed baking sheet. Usinga paper towel, pat drumsticks dry. Dredgein rice flour mixture, shaking off excess.Arrange on prepared rack.
- ☐ Roast drumsticks, turning frequently,until skin is browned and crisp, 50–60minutes. DO AHEAD: Can be made 1 dayahead.
- ☐ Let cool, cover, and chill. Rewarmin a 450°F oven for 10–15 minutes beforecontinuing.
- ☐ Combine hot drumsticks and 1/4 cupsauce in a large bowl; toss to coat. Returndrumsticks to rack and roast, turning once,until skin is crisp and sauce is beginning tobrown, 8–9 minutes.
- ☐ Brush with additionalsauce and serve remaining sauce alongside.

# Nutrition Facts



# Properties

Glycemic Index:28.83, Glycemic Load:19.38, Inflammation Score:-3, Nutrition Score:14.050434589386%

Nutrients (% of daily need)

Calories: 402.25kcal (20.11%), Fat: 14.53g (22.35%), Saturated Fat: 3.82g (23.9%), Carbohydrates: 33.37g (11.12%), Net Carbohydrates: 32.5g (11.82%), Sugar: 7.16g (7.96%), Cholesterol: 139.31mg (46.44%), Sodium: 885.15mg (38.48%), Alcohol: 1.61g (100%), Alcohol %: 0.83% (100%), Protein: 28.43g (56.86%), Selenium: 33.97µg (48.53%), Vitamin B3: 8.07mg (40.35%), Vitamin B6: 0.65mg (32.66%), Phosphorus: 284.01mg (28.4%), Zinc: 3.16mg (21.04%), Vitamin C: 16.21mg (19.64%), Manganese: 0.37mg (18.71%), Vitamin B5: 1.81mg (18.09%), Vitamin B2: 0.29mg (16.8%), Vitamin B12: 0.83µg (13.88%), Potassium: 400.65mg (11.45%), Vitamin B1: 0.17mg (11.26%), Magnesium: 42.04mg (10.51%), Copper: 0.15mg (7.49%), Iron: 1.24mg (6.87%), Vitamin K: 4.27µg (4.06%), Fiber: 0.87g (3.47%), Calcium: 24.16mg (2.42%), Vitamin E: 0.36mg (2.39%), Folate: 8.37µg (2.09%), Vitamin A: 102.05IU (2.04%), Vitamin D: 0.15µg (1.01%)