



Sweet Ginger Garlic Drumsticks



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



134 kcal

SIDE DISH

Ingredients

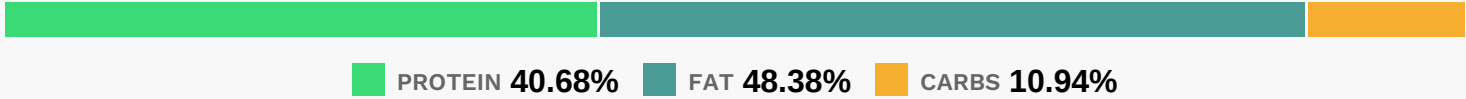
- ☐ 12 skin-on chicken drumsticks
- ☐ 1 inch ginger fresh grated peeled
- ☐ 12 servings rosemary fresh chopped
- ☐ 4 cloves garlic crushed
- ☐ 2 tbsp honey melted
- ☐ 2 juice of lemon
- ☐ 1 leaves from a sprig of

Equipment

Directions

☐ Combine all ingredients in a dish, turning to thoroughly coat the chicken.Cover, and let the drumstick marinate in the refrigerator for 3–4 hours, turning regularly.Baste regularly with the leftover marinade while barbecuing.

Nutrition Facts



Properties

Glycemic Index:11.44, Glycemic Load:1.61, Inflammation Score:-2, Nutrition Score:5.5834782097651%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 134.32kcal (6.72%), Fat: 7.1g (10.93%), Saturated Fat: 1.89g (11.78%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 3.43g (1.25%), Sugar: 2.89g (3.22%), Cholesterol: 69.65mg (23.22%), Sodium: 79.39mg (3.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.44g (26.87%), Selenium: 14.86µg (21.23%), Vitamin B3: 3.69mg (18.43%), Vitamin B6: 0.27mg (13.44%), Phosphorus: 128.22mg (12.82%), Zinc: 1.48mg (9.9%), Vitamin B5: 0.8mg (8%), Vitamin B2: 0.13mg (7.68%), Vitamin B12: 0.42µg (6.94%), Potassium: 183.89mg (5.25%), Vitamin B1: 0.06mg (4.26%), Magnesium: 16.63mg (4.16%), Iron: 0.58mg (3.22%), Copper: 0.05mg (2.74%), Manganese: 0.04mg (2.19%), Vitamin K: 1.91µg (1.82%), Calcium: 12.87mg (1.29%), Vitamin A: 64.16IU (1.28%)