



## Sweet & Saucy Chicken Drumettes

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



55

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup apricot preserves
- 0.5 cup original barbecue sauce kraft
- 0.3 cup classic catalina dressing kraft
- 1.5 lb chicken drumettes

### Equipment

- bowl
- baking sheet
- oven

aluminum foil

## Directions

- Heat oven to 400F.
- Place chicken on foil-covered rimmed baking sheet sprayed with cooking spray.
- Bake 30 min. Meanwhile, mix remaining ingredients in medium bowl until blended.
- Add chicken, a few drumettes at a time, to barbecue sauce mixture; toss to evenly coat. Return to prepared baking sheet.
- Bake 15 min. or until chicken is done (165F).

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.48999999463558%

## Nutrients (% of daily need)

Calories: 25.25kcal (1.26%), Fat: 1.29g (1.98%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 2.06g (0.75%), Sugar: 1.63g (1.81%), Cholesterol: 5.14mg (1.71%), Sodium: 46.12mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.51%), Vitamin B3: 0.41mg (2.06%), Selenium: 1.09µg (1.56%), Vitamin B6: 0.03mg (1.28%)