



Teriyaki Chicken Drumsticks



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb skin-on chicken drumsticks
- ☐ 1.5 teaspoons cornstarch
- ☐ 2 tablespoons t brown sugar dark packed
- ☐ 0.5 inch ginger fresh peeled chopped
- ☐ 1 clove garlic chopped
- ☐ 4 servings salt and pepper
- ☐ 0.5 cup soya sauce

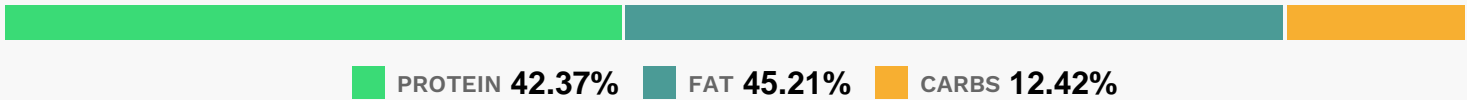
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ knife
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ tongs

Directions

- ☐ Combine soy sauce, brown sugar, garlic, ginger and cornstarch in a small saucepan.
- ☐ Add 2 Tbsp. water and bring to a boil over high heat, stirring constantly until thickened, about 2 minutes. Cool slightly and strain, discarding solids. Preheat a broiler to high and place a broiling rack 6 to 8 inches from heat source. (Alternatively, light a charcoal fire and let coals burn to a gray ash.)
- ☐ Arrange drumsticks snugly on a large foil-lined rimmed baking sheet and season with salt and pepper on all sides.
- ☐ Pour sauce over and turn drumsticks several times to coat thoroughly. Broil or grill until chicken is browned, about 25 to 30 minutes, or until juices run clear when chicken is pierced with a knife. While cooking, turn pan around from back to front every 2 to 3 minutes and use tongs to turn drumsticks over. If liquid in baking sheet starts to scorch, add water, 1/4 cup at a time.
- ☐ Remove drumsticks from pan and cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:12.384347909171%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 286.48kcal (14.32%), Fat: 14.16g (21.78%), Saturated Fat: 3.73g (23.3%), Carbohydrates: 8.76g (2.92%), Net Carbohydrates: 8.48g (3.09%), Sugar: 6.34g (7.04%), Cholesterol: 139.8mg (46.6%), Sodium: 1973.75mg (85.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.85g (59.7%), Selenium: 29.92µg (42.74%), Vitamin B3: 8.51mg (42.57%), Phosphorus: 291.73mg (29.17%), Vitamin B6: 0.58mg (28.78%), Zinc: 3.06mg (20.38%), Vitamin B2: 0.3mg (17.59%), Vitamin B5: 1.69mg (16.94%), Vitamin B12: 0.84µg (13.93%), Potassium: 415.02mg (11.86%), Magnesium: 43.12mg (10.78%), Iron: 1.71mg (9.52%), Manganese: 0.19mg (9.49%), Vitamin B1: 0.14mg (9.46%), Copper: 0.14mg (6.97%), Vitamin K: 3.81µg (3.63%), Calcium: 27.61mg (2.76%), Folate: 9.96µg (2.49%), Vitamin E: 0.29mg (1.94%), Vitamin A: 69.97IU (1.4%), Fiber: 0.27g (1.09%), Vitamin D: 0.15µg (1.01%)