



Tortilla Chicken Drumsticks



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds skin-on chicken drumsticks (10)
- ☐ 4 teaspoons chili powder divided
- ☐ 8 ounces tortilla chips salted
- ☐ 1 large eggs
- ☐ 1 teaspoon ground cumin
- ☐ 4 servings lime wedges

Equipment

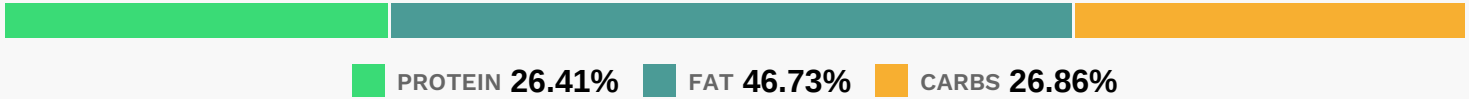
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 450°F with rack in middle. Oil a large 4-sided sheet pan.
- ☐ Pulse chips, 2 teaspoons chili powder, cumin, and 1/4 teaspoon salt in a food processor until coarsely ground, then transfer to a shallow dish.
- ☐ Whisk egg and remaining 2 teaspoon chili powder in a bowl.
- ☐ Season chicken with 1/2 teaspoon salt. Dip drumsticks in egg, letting excess drip off, then coat with crumbs, pressing to help them adhere.
- ☐ Transfer to sheet pan.
- ☐ Bake, without turning, until cooked through, 40 to 45 minutes.
- ☐ Let stand, uncovered, 5 minutes.
- ☐ roasted potato wedges with cilantro-lime mayonnaise

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:20.853043604156%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 595.32kcal (29.77%), Fat: 30.97g (47.65%), Saturated Fat: 6.7g (41.85%), Carbohydrates: 40.06g (13.35%), Net Carbohydrates: 36.22g (13.17%), Sugar: 0.66g (0.73%), Cholesterol: 221.25mg (73.75%), Sodium: 434.92mg (18.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.38g (78.75%), Selenium: 43.62µg (62.31%), Vitamin B3: 9.93mg (49.64%), Phosphorus: 476.3mg (47.63%), Vitamin B6: 0.8mg (39.89%), Zinc: 4.7mg (31.34%), Vitamin B5: 2.85mg (28.47%), Vitamin B2: 0.43mg (25.57%), Magnesium: 91.99mg (23%), Vitamin E: 3.28mg (21.84%),

Vitamin B12: 1.16µg (19.27%), Vitamin K: 18.78µg (17.89%), Potassium: 592.97mg (16.94%), Iron: 2.96mg (16.45%),
Vitamin B1: 0.25mg (16.44%), Fiber: 3.84g (15.35%), Vitamin A: 756.42IU (15.13%), Copper: 0.2mg (10.24%), Calcium:
97.68mg (9.77%), Folate: 19.07µg (4.77%), Manganese: 0.09mg (4.33%), Vitamin D: 0.44µg (2.93%)