

Thai Roasted Chicken Drumstick

Ingredients

- 1/4 cup soy sauce, low sodium
- 8 chicken drumsticks
- 1/4 cup thai sweet chili sauce
- 1 tsp sriracha

Notes

Number of Portions: 4

Serving Size: 2 drumsticks

Nutrition Facts: 265 calories, 7.59 g fat, 1.85 g saturated fat, 704 mg sodium, 13.4 g carbohydrate, 0.16 g fiber, 9.8 g sugar, 34.2 g protein



Directions

1. The day before or 4 hours before cooking, combine soy sauce and chicken drumsticks. Stir until chicken is coated but not swimming in the soy sauce. Let marinate in refrigerator for at least 4 hours.
2. Lay out chicken drumsticks on a baking sheet and roast in 350° F oven for 25 minutes or until internal temperature reaches 165° F.
3. In a large bowl, combine the chili sauce and sriracha and stir until combined.
4. Remove chicken from oven and brush generously with sauce mixture. Return to oven for 5 minutes. Pour any extra sauce over chicken once it is out of the oven.