

Lemon Paprika Chicken Drumsticks

3 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

- 1 1/3 lbs Chicken Drumsticks
- 1/4 cup Extra Virgin Olive Oil
- 3 Garlic (clove, minced)
- 1 Lemon (juice and zest)
- 1 tbsp Paprika
- 1 tsp Italian Seasoning
- 1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	498	Iron	2mg
Fat	37g	Vitamin D	4IU
Carbs	4g	Folate	10µg
Fiber	1g	Magnesium	42mg
Protein	37g	Zinc	4mg
Vitamin C	7mg		

DIRECTIONS

- 01 Combine the olive oil, garlic, lemon juice, lemon zest, paprika, Italian seasoning, and salt in a bowl. Mix well.
- 02 Add the drumsticks to a large zipper-lock bag followed by the marinade. Seal the bag and massage the marinade into the chicken. Place in the fridge for at least 1 hour or up to 24 hours.
- 03 Preheat the oven to 400°F (204°C).
- 04 Transfer the marinated drumsticks to a baking dish and discard the excess marinade. Bake for 25 to 30 minutes or until the chicken is cooked through.
- 05 Divide between plates and enjoy!

NOTES

RECIPE ID 611

SERVING SIZE

One serving is approximately 2 drumsticks.