

Chicken Drumstick

Yield: 5 min

Total Time: 310 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-chicken-drumstick-recipe>

Ingredients:

- 1 tablespoon brown sugar
- 1 tablespoon sweet paprika
- 1 teaspoon dry mustard
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon cayenne pepper
- salt
- pepper
- 4 pounds chicken drumsticks bone in, skin on
- 1 1/2 cups barbecue sauce
- vegetable oil spray

Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 300 milligrams
4. Fat: 44 grams
5. Fiber: 2 grams
6. Protein: 66 grams
7. SaturatedFat: 11 grams
8. Sodium: 1250 milligrams
9. Sugar: 21 grams

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