

Mexican Chicken Drumsticks

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-mexican-chicken-drumsticks-recipe>

Ingredients:

- 8 chicken drumsticks
- 2 tablespoons brown sugar
- 1/2 cup cilantro stems
- 6 garlic cloves
- 1/4 cup lime juice
- 1/4 cup molasses CO-OP GOLD
- 2 tablespoons smoked paprika
- 1/2 tablespoon salt
- 1 teaspoon canela
- 2 tablespoons chili powder
- 1 tablespoon Tabasco Sauce
- 1/4 cup water
- vegetable oil
- 1 cup carrots coarsely grated
- 1 cup broccoli cut 1/4 inch
- 1 teaspoon salt
- 1 cup lentils CO-OP GOLD PURE Laird
- 1 cup plain greek yogurt CO-OP GOLD
- 3 tablespoons cilantro chopped

Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 215 milligrams
4. Fat: 39 grams
5. Fiber: 19 grams
6. Protein: 62 grams
7. SaturatedFat: 9 grams
8. Sodium: 1800 milligrams

9. Sugar: 23 grams

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