

# Sweet Glazed Chicken Drumsticks

*The glaze on this chicken recipe adds a sweet taste to this dinner or lunch idea. Serve with some apple slices and carrot sticks to complete this meal.*

Recipe Type: Main Dish, Poultry

Degree of Difficulty: Easy

## Ingredients

8 chicken drumsticks, skinless  
¼ cup brown sugar  
1 cup Applesauce, no sugar added  
1 tbs barbecue sauce  
½ tsp ground ginger  
½ tsp salt  
¼ tsp freshly ground black pepper



## Directions

- 1 Preheat broiler.
- 2 In a medium bowl, stir together brown sugar, applesauce, BBQ sauce, ginger, salt and pepper.
- 3 Add the drumsticks and toss to completely coat.
- 4 Line a broiler pan with aluminum foil and set the drumsticks in the pan.
- 5 Broil for 13 to 15 minutes, turning the drumsticks occasionally and brushing on remaining glaze as you turn.

## Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Total Time: 25 minutes

## Nutrition Facts

Nutrition (per serving): 232 calories, 4.3g total fat, 1.1g saturated fat, 95.5mg cholesterol, 438mg sodium, 21.9g carbohydrates, <1g fiber, 20.1g sugar, 25.7g protein.

Servings: 4

## Weight Watchers Points

Note: The unsweetened applesauce is not used in the calculation for any of the Weight Watchers points.

Orig. WW Pts: 5

Points Plus: 4

Smart Points: 6

FreeStyle Smart Points: 6

## Tips

If you want a little more sweet to the glaze add about ¼ cup honey or molasses