



## Beer-Braised Chicken

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 ounce beer (preferably brown ale)
- 2 tablespoons brown sugar dark packed
- 4 servings flour all-purpose for dredging
- 3 tablespoons parsley fresh chopped
- 4 sprigs thyme leaves fresh
- 4 servings kosher salt and pepper freshly ground
- 1 tablespoon olive oil extra-virgin
- 1 cup pearl onions frozen thawed

- 0.5 pound red-skinned new potatoes halved
- 2.5 pounds chicken thighs boneless skinless
- 0.3 pound bacon thick-cut cut into 1/2-inch pieces
- 2 tablespoons whole-grain mustard

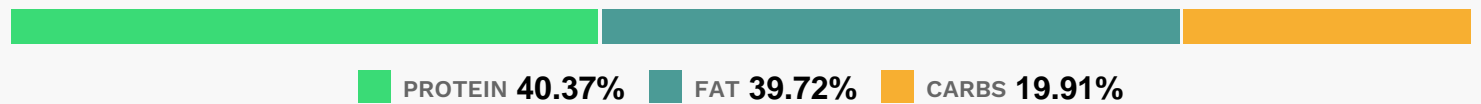
## Equipment

- pot
- slotted spoon

## Directions

- Heat a large pot over medium-high heat.
- Add the bacon and cook until browned, about 5 minutes.
- Remove with a slotted spoon and transfer to a paper-towel-lined plate. Season the chicken with salt and pepper and dredge in flour, shaking off the excess.
- Add the olive oil to the drippings in the pot.
- Add the chicken in batches and cook over medium-high heat until golden on the bottom, 6 to 7 minutes, then flip and sear the other side, about 1 minute.
- Add the beer, onions, potatoes, mustard, sugar, thyme and 1 cup water to the pot and stir, making sure the chicken is fully submerged. Simmer until the chicken is cooked through, about 15 minutes. Discard the thyme and stir in the bacon and parsley.
- Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:62.88, Glycemic Load:6.68, Inflammation Score:-9, Nutrition Score:32.546521570372%

## Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 6.5mg, Apigenin: 6.5mg, Apigenin: 6.5mg, Apigenin: 6.5mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 2.96mg, Isorhamnetin:

2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 12.4mg, Quercetin: 12.4mg, Quercetin: 12.4mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## **Nutrients (% of daily need)**

Calories: 643.2kcal (32.16%), Fat: 26.91g (41.4%), Saturated Fat: 7.26g (45.35%), Carbohydrates: 30.36g (10.12%), Net Carbohydrates: 27.63g (10.05%), Sugar: 9.21g (10.24%), Cholesterol: 288.03mg (96.01%), Sodium: 735.92mg (32%), Alcohol: 3.32g (100%), Alcohol %: 0.78% (100%), Protein: 61.54g (123.08%), Selenium: 76.03µg (108.61%), Vitamin B3: 18.68mg (93.39%), Vitamin B6: 1.56mg (78.03%), Phosphorus: 653.85mg (65.38%), Vitamin K: 61.54µg (58.61%), Vitamin B5: 3.9mg (39.04%), Vitamin B2: 0.63mg (37.01%), Zinc: 5.09mg (33.95%), Potassium: 1168.03mg (33.37%), Vitamin B12: 1.97µg (32.89%), Vitamin B1: 0.49mg (32.46%), Magnesium: 100.99mg (25.25%), Iron: 3.83mg (21.28%), Vitamin C: 14.87mg (18.03%), Manganese: 0.32mg (16.01%), Copper: 0.3mg (15.17%), Folate: 57.21µg (14.3%), Fiber: 2.73g (10.93%), Vitamin E: 1.21mg (8.05%), Vitamin A: 389.24IU (7.78%), Calcium: 68.78mg (6.88%)