



Beer Braised Chicken

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons apple cider vinegar
- 3 slices applewood bacon thick cut
- 1 bottle beer dark
- 1 fennel bulb cored trimmed thinly sliced
- 6 servings kosher salt and freshly cracked pepper black
- 1 meat from a rotisserie chicken whole quartered

Equipment

- frying pan

- paper towels
- oven
- dutch oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- In a Dutch oven, cook the bacon until nice and crispy.
- Remove the bacon to a paper towel-lined plate to drain and crumble when cooled.
- Pat the chicken dry and season on all sides with salt and pepper. Sear the chicken on all sides in the pan with the rendered bacon fat, until the outside is brown and crispy.
- Remove the chicken to a plate and add the fennel to the pan. Season with salt and pepper, to taste, and saute until caramelized and tender, about 10 minutes.
- Add a little water if the fennel starts to burn.
- Pour in the beer and bring it to a simmer. Nestle the chicken and all resting juices, breast side down, in the fennel and beer. Cover and transfer the pan to the oven. Roast for 35 to 45 minutes, flipping the chicken over after 20 minutes.
- Remove the pan from the oven and put over low heat.
- Remove the chicken pieces to a warmed serving platter.
- Add the vinegar to the sauce and simmer to reduce to a thicker consistency, about 5 minutes.
- Pour the sauce over the chicken pieces, top with crumbled bacon and serve immediately. If you want a smoother sauce, just strain the sauce after it has reduced.

Nutrition Facts

 PROTEIN 30.72%  FAT 63.26%  CARBS 6.02%

Properties

Glycemic Index:20.92, Glycemic Load:1.57, Inflammation Score:-4, Nutrition Score:12.097391335861%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 356.34kcal (17.82%), Fat: 23.56g (36.25%), Saturated Fat: 6.97g (43.56%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 3.84g (1.4%), Sugar: 1.55g (1.73%), Cholesterol: 102.48mg (34.16%), Sodium: 378.28mg (16.45%), Alcohol: 2.21g (100%), Alcohol %: 1.17% (100%), Protein: 25.75g (51.49%), Vitamin B3: 9.62mg (48.09%), Selenium: 21.11µg (30.16%), Vitamin B6: 0.52mg (25.9%), Vitamin K: 26.4µg (25.14%), Phosphorus: 230.3mg (23.03%), Vitamin B5: 1.33mg (13.3%), Potassium: 442.18mg (12.63%), Zinc: 1.88mg (12.53%), Vitamin B2: 0.19mg (11.05%), Magnesium: 37mg (9.25%), Iron: 1.5mg (8.31%), Vitamin C: 6.71mg (8.13%), Vitamin B12: 0.46µg (7.67%), Vitamin B1: 0.11mg (7.55%), Manganese: 0.12mg (5.87%), Folate: 21.55µg (5.39%), Fiber: 1.21g (4.84%), Copper: 0.09mg (4.73%), Vitamin A: 234.07IU (4.68%), Vitamin E: 0.65mg (4.36%), Calcium: 36.36mg (3.64%), Vitamin D: 0.3µg (1.99%)