



Beer-Brined Chicken



Gluten Free



Dairy Free

READY IN



700 min.

SERVINGS



6

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups water
- ☐ 0.3 cup kosher salt (coarse)
- ☐ 0.3 cup brown sugar packed
- ☐ 24 oz beer chilled canned
- ☐ 3 lb chicken whole
- ☐ 3 teaspoons paprika
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.3 teaspoon onion powder

- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon pepper
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Line 2-quart bowl or saucepan with 2-gallon resealable food-storage plastic bag.
- ☐ Add water, kosher salt and brown sugar; stir until salt and sugar are dissolved. Stir in beer.
- ☐ Add chicken. Tightly seal bag; refrigerate at least 8 hours but no longer than 24 hours.
- ☐ Line 13x9-inch pan with foil.
- ☐ Remove chicken from brine; rinse thoroughly under cool running water and pat dry with paper towels. Discard brine.
- ☐ Place chicken, breast side up, in pan. Refrigerate uncovered 1 hour to dry chicken skin. Meanwhile, in small bowl, mix all rub ingredients except oil; set aside.
- ☐ Heat oven to 375°F.
- ☐ Brush oil over chicken.
- ☐ Sprinkle with seasoning mixture; rub into chicken skin.
- ☐ Bake 1 hour 15 minutes to 1 hour 30 minutes or until juice of chicken is clear when thickest piece is cut to bone (170°F for breasts; 180°F for thighs and drumsticks).
- ☐ Let stand 15 minutes for easiest carving.

Nutrition Facts



Properties

Glycemic Index:15.42, Glycemic Load:1.67, Inflammation Score:-6, Nutrition Score:9.5995653660401%

Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 361.45kcal (18.07%), Fat: 21.06g (32.4%), Saturated Fat: 5.41g (33.79%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 13.37g (4.86%), Sugar: 9g (10%), Cholesterol: 81.65mg (27.22%), Sodium: 4997.43mg (217.28%), Alcohol: 4.42g (100%), Alcohol %: 1.7% (100%), Protein: 20.96g (41.92%), Vitamin B3: 8.1mg (40.49%), Selenium: 16.59µg (23.7%), Vitamin B6: 0.46mg (23.06%), Phosphorus: 180.33mg (18.03%), Vitamin A: 645.4IU (12.91%), Vitamin B5: 1.08mg (10.77%), Vitamin K: 10.91µg (10.39%), Vitamin B2: 0.17mg (10.1%), Zinc: 1.51mg (10.08%), Magnesium: 32.43mg (8.11%), Potassium: 275.79mg (7.88%), Iron: 1.34mg (7.44%), Vitamin E: 0.99mg (6.6%), Vitamin B12: 0.36µg (6%), Vitamin B1: 0.08mg (5.02%), Copper: 0.09mg (4.4%), Manganese: 0.08mg (3.86%), Folate: 14.04µg (3.51%), Calcium: 32.6mg (3.26%), Vitamin C: 1.77mg (2.15%), Fiber: 0.39g (1.58%), Vitamin D: 0.22µg (1.45%)