



Beer Butt Rosemary Chicken

 **Gluten Free**  **Dairy Free**

READY IN



120 min.

SERVINGS



6

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 fluid ounce beer canned
- 14.5 ounce chicken broth low-sodium canned
- 4 sprigs rosemary leaves fresh
- 1 cranberry-orange relish
- 4 potatoes - remove skin red sliced
- 6 servings lawry's seasoned salt to taste
- 1 large onion sweet sliced
- 3 pound chicken whole

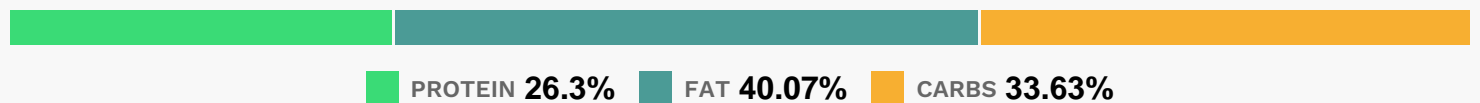
Equipment

- baking sheet
- oven
- baking pan
- kitchen thermometer

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a baking dish.
- Pour out half the beer from the can, spray the can with cooking spray, and set it upright in the center of the baking sheet.
- Cut 2 thin slices from the orange, and set aside.
- Cut the rest of the orange into large chunks. Loosen the skin over the breast of the chicken, and insert an orange slice, an onion slice, and 1 rosemary sprig under the skin of each side of the breast.
- Place the orange chunks and 2 sprigs of rosemary into the cavity of the chicken.
- Spray the outside of the chicken with cooking oil spray, and sprinkle with seasoned salt to taste.
- Place the chicken onto the beer can in an upright position, with the can inserted into the cavity of the chicken.
- Pour the chicken broth into the baking dish, and place the rest of the sliced onion and the potatoes into the broth.
- Roast in the preheated oven until the skin is crisp, the meat is no longer pink at the bone, and the juices run clear, about 1 1/2 hours. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C).
- Let the chicken rest for 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:1.72, Inflammation Score:-7, Nutrition Score:16.374782831773%

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 Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 3.36mg, Naringenin: 3.36mg, Naringenin: 3.36mg, Naringenin: 3.36mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 397.85kcal (19.89%), Fat: 17.08g (26.27%), Saturated Fat: 4.87g (30.43%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 28.81g (10.48%), Sugar: 6.73g (7.48%), Cholesterol: 81.65mg (27.22%), Sodium: 322.9mg (14.04%), Alcohol: 2.31g (100%), Alcohol %: 0.64% (100%), Protein: 25.22g (50.45%), Vitamin B3: 10.41mg (52.06%), Vitamin B6: 0.74mg (37.08%), Vitamin C: 28.23mg (34.22%), Potassium: 1032.39mg (29.5%), Phosphorus: 293.48mg (29.35%), Selenium: 17.13µg (24.47%), Magnesium: 64.46mg (16.11%), Copper: 0.32mg (16.08%), Vitamin B5: 1.52mg (15.2%), Vitamin B1: 0.22mg (15%), Fiber: 3.44g (13.78%), Folate: 54.95µg (13.74%), Zinc: 2.06mg (13.71%), Manganese: 0.27mg (13.71%), Vitamin B2: 0.23mg (13.52%), Iron: 2.34mg (13.02%), Vitamin B12: 0.42µg (6.96%), Vitamin K: 5.92µg (5.63%), Calcium: 51.38mg (5.14%), Vitamin A: 213.97IU (4.28%), Vitamin E: 0.39mg (2.61%), Vitamin D: 0.22µg (1.45%)