



Beer Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 fluid ounce beer canned
- ☐ 2 pounds skin-on chicken drumsticks
- ☐ 1 teaspoon rosemary dried

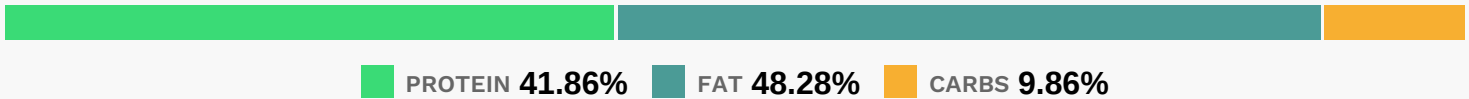
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Place the chicken drumsticks in a 9x13 baking dish. Season with rosemary, salt and pepper.
- ☐ Pour the beers in with the chicken.
- ☐ Bake for 1 hour in the preheated oven, until the chicken is browned and meat slides off the bone easily. Just you wait! You are going to love it!

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:2.55, Inflammation Score:-5, Nutrition Score:11.606956536193%

Flavonoids

Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 317.98kcal (15.9%), Fat: 14.12g (21.72%), Saturated Fat: 3.72g (23.28%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 6.47g (2.35%), Sugar: 0g (0%), Cholesterol: 139.8mg (46.6%), Sodium: 165.14mg (7.18%), Alcohol: 6.92g (100%), Alcohol %: 2.66% (100%), Protein: 27.55g (55.09%), Selenium: 30.54µg (43.64%), Vitamin B3: 8.26mg (41.3%), Vitamin B6: 0.59mg (29.33%), Phosphorus: 277.1mg (27.71%), Zinc: 2.94mg (19.57%), Vitamin B2: 0.3mg (17.54%), Vitamin B5: 1.64mg (16.44%), Vitamin B12: 0.87µg (14.52%), Potassium: 387mg (11.06%), Magnesium: 41.09mg (10.27%), Vitamin B1: 0.13mg (8.81%), Iron: 1mg (5.56%), Copper: 0.1mg (5.09%), Folate: 15.28µg (3.82%), Vitamin K: 3.8µg (3.62%), Calcium: 22.61mg (2.26%), Manganese: 0.04mg (2.02%), Vitamin E: 0.29mg (1.92%), Vitamin A: 70.68IU (1.41%), Vitamin D: 0.15µg (1.01%)