



## 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

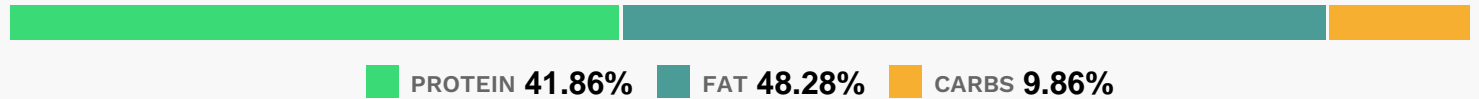
## Equipment

- 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%)