

Beer Roasted Lime Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



135 min.

SERVINGS



6

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 fluid ounce beer canned
- 1 tablespoon pepper black to taste
- 1 lime halved
- 1 tablespoon salt to taste
- 1 cup water
- 4 pound chicken whole

Equipment

- oven

- baking pan
- roasting pan
- aluminum foil

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Season the chicken inside and out with salt and pepper. Squeeze the juice from the lime over the whole chicken, then place the halves into the cavity of the chicken. Set the half full beer can in the center of a roasting pan or baking dish, and place the chicken over it in an upright position with the beer inserted into the cavity.
- Pour water into the bottom of the pan. Cover the chicken with aluminum foil, and place roasting pan and all into the oven.
- Roast the chicken for about 1 1/2 hours in the preheated oven, removing foil during the last 20 minutes. Baste occasionally with the drippings. When finished, the internal temperature of the chicken should be 180 degrees F (80 degrees C) when taken in the meatiest part of the thigh.
- Let the chicken rest for about 10 minutes before serving.

Nutrition Facts

PROTEIN 34.03% **FAT 61.12%** **CARBS 4.85%**

Properties

Glycemic Index:17.42, Glycemic Load:1.25, Inflammation Score:-4, Nutrition Score:10.909130500711%

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 Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg

Nutrients (% of daily need)

Calories: 343.36kcal (17.17%), Fat: 21.91g (33.71%), Saturated Fat: 6.27g (39.2%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 3.35g (1.22%), Sugar: 0.2g (0.22%), Cholesterol: 108.86mg (36.29%), Sodium: 1269.11mg (55.18%), Alcohol: 2.31g (100%), Alcohol %: 1.13% (100%), Protein: 27.45g (54.9%), Vitamin B3: 10.21mg (51.04%), Selenium:

21.35µg (30.5%), Vitamin B6: 0.54mg (27.15%), Phosphorus: 225.24mg (22.52%), Vitamin B5: 1.38mg (13.83%), Zinc: 1.94mg (12.92%), Vitamin B2: 0.19mg (11.35%), Potassium: 315.22mg (9.01%), Magnesium: 35.38mg (8.85%), Iron: 1.49mg (8.29%), Manganese: 0.16mg (8.19%), Vitamin B12: 0.46µg (7.7%), Vitamin C: 5.57mg (6.75%), Vitamin B1: 0.09mg (6.3%), Copper: 0.1mg (5.02%), Vitamin A: 214.26IU (4.29%), Vitamin K: 3.88µg (3.7%), Folate: 13.32µg (3.33%), Vitamin E: 0.47mg (3.14%), Calcium: 28.35mg (2.83%), Fiber: 0.57g (2.26%), Vitamin D: 0.29µg (1.94%)