



Beer-Smothered Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



1063 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce nonalcoholic beer
- 2 pounds chicken leg-thigh quarters separated
- 4 servings rice hot cooked
- 10.8 ounce cream of celery soup undiluted canned
- 0.5 cup flour all-purpose
- 2 garlic cloves minced
- 0.5 medium size bell pepper diced green
- 6 ounce mushrooms drained sliced
- 1 small onion diced

- 0.3 cup lite soy sauce
- 0.3 cup vegetable oil
- 1 cup whipping cream

Equipment

- frying pan
- ziploc bags

Directions

- Place chicken in a large heavy-duty zip-top plastic bag; add flour, and seal. Shake to coat.
- Saute garlic in hot oil in a large skillet.
- Add chicken, and fry, in batches, 5 minutes on each side or until golden brown.
- Remove chicken, reserving drippings in skillet. Saut onion and bell pepper in drippings 5 minutes or until tender; add chicken, beer, mushrooms, and soy sauce.
- Cook over medium heat for 30 minutes. Stir in soup; cook, stirring occasionally, 30 more minutes.
- Add whipping cream; cook until thoroughly heated.
- Let stand 5 minutes.
- Serve over hot cooked rice.

Nutrition Facts

■ PROTEIN **16.41%** ■ FAT **62.86%** ■ CARBS **20.73%**

Properties

Glycemic Index:84.63, Glycemic Load:35.94, Inflammation Score:-9, Nutrition Score:29.705217402914%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 1062.76kcal (53.14%), Fat: 71.1g (109.39%), Saturated Fat: 25.37g (158.59%), Carbohydrates: 52.76g (17.59%), Net Carbohydrates: 50.44g (18.34%), Sugar: 5.05g (5.61%), Cholesterol: 264.54mg (88.18%), Sodium: 1379.04mg (59.96%), Alcohol: 6.63g (100%), Alcohol %: 1.21% (100%), Protein: 41.78g (83.56%), Selenium: 55.82µg (79.74%), Vitamin B3: 13.51mg (67.57%), Phosphorus: 502.38mg (50.24%), Vitamin B6: 0.99mg (49.72%), Vitamin K: 45.36µg (43.2%), Vitamin B2: 0.73mg (42.91%), Manganese: 0.83mg (41.75%), Vitamin B5: 3.99mg (39.94%), Vitamin A: 1295.39IU (25.91%), Vitamin B1: 0.38mg (25.44%), Potassium: 840.24mg (24.01%), Vitamin B12: 1.41µg (23.51%), Zinc: 3.51mg (23.38%), Copper: 0.45mg (22.62%), Vitamin E: 3.23mg (21.54%), Magnesium: 80.97mg (20.24%), Iron: 3.32mg (18.46%), Vitamin C: 15.12mg (18.33%), Folate: 65.55µg (16.39%), Calcium: 108.52mg (10.85%), Fiber: 2.32g (9.27%), Vitamin D: 1.23µg (8.2%)