

Boozy Bbq Chicken

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

READY IN



45 min.

SERVINGS



6

CALORIES



734 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup wine
- 12 ounces beer fruity your favorite canned (I suggest Hefeweizen's complementary flavor)
- 1 head broccoli
- 1.5 cups brown rice
- 12 cherries
- 0.8 cup dijon mustard
- 1 tablespoon ginger fresh (no powder!)
- 1 tablespoon garlic fresh minced () (no powder!)

- 1 bell pepper green
- 2 tablespoons pepper fresh
- 1 optional: lemon juicy
- 0.3 cup soy sauce low sodium
- 2 tablespoons blackstrap molasses
- 12 mushrooms
- 12 mushrooms
- 0.3 cup olive oil
- 1 large cranberry-orange relish
- 0.5 cup orange juice
- 0.5 teaspoon pepper
- 1 bell pepper red
- 1 onion red
- 0.5 cup salad dressing italian low-fat
- 1 tablespoon salt
- 2 tablespoons all the tabasco sauce you handle
- 3.5 cups water
- 0.3 cup wine
- 3 lbs chicken whole
- 6 servings frangelico
- 6 servings frangelico

Equipment

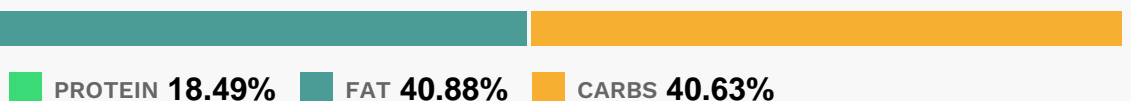
- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- grill

skewers

Directions

- Cut orange, peppers, onion & broccoli into large bite-sized chunks (at least 1" thick) and place in the dish.
- Add mushrooms and tomatoes. Stir veggies in marinade to coat. Cover and refrigerate while you prep chicken. Warm outdoor grill to medium heat. Rinse chicken and pat dry with paper towel (toss that towel!). In small bowl mix mustard, salt and pepper.
- Brush chicken with mustard mixture. Wash your hands and go stir those veggies so all sides absorb the marinade. When beer is half empty, refill can with salad dressing and squeeze in juice from 1/2 lemon. Put can on a disposable baking sheet.
- Place upright chicken on can like a stand, inserting can into cavity of chicken.
- Place baking sheet with beer and chicken on the preheated grill. Cover. Set your time for 1 hour. Start on a second beer or that remaining white wine. In a medium saucepan, pour rice, water, and 3-4 splashes of your beverage (about 1/4 cup) into medium sauce pan. Bring to a boil, stir and reduce heat to low. Cover with lid and cook for 25-30 minutes. Back to the kebabs.
- Remove veggies from fridge and using the sharp end of the skewer begin threading. Distribute veggies evenly onto 6-8 skewers. Check rice: It's done when all liquid is absorbed but before it starts sticking to the bottom of the pan. Turn off heat under the rice and let it sit. Go back to grill. You should be at about an hour on the chicken. Carefully slice in to see meat has gone from pink to white.
- Remove from grill
- Allow to cool for at least 15 minutes so you don't burn the hell out of yourself cutting it into pieces for your guest(s). In the meantime throw those kebabs directly on the grill. Flip them over after about 5 minutes to get the other side and allow to cook for another 5-8min. Kebabs are done when veggies are al dente (softened but still firm). Turn off grill and remove from heat. Put rice in a serving dish, and chicken pieces and full skewers on a platter. Squeeze remaining lemon juice over chicken.
- Let people serve themselves. Eat, drink and be merry! DW | Food and Drink

Nutrition Facts



Properties

Glycemic Index:103.54, Glycemic Load:29.6, Inflammation Score:-10, Nutrition Score:42.993913043478%

Flavonoids

Cyanidin: 4.83mg, Cyanidin: 4.83mg, Cyanidin: 4.83mg, Cyanidin: 4.83mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 3.88mg, Eriodictyol: 3.88mg, Eriodictyol: 3.88mg, Eriodictyol: 3.88mg Hesperetin: 15.93mg, Hesperetin: 15.93mg, Hesperetin: 15.93mg, Hesperetin: 15.93mg Naringenin: 5.32mg, Naringenin: 5.32mg, Naringenin: 5.32mg, Naringenin: 5.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.28mg, Luteolin: 2.28mg, Luteolin: 2.28mg, Luteolin: 2.28mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 8.63mg, Kaempferol: 8.63mg, Kaempferol: 8.63mg, Kaempferol: 8.63mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 734.08kcal (36.7%), Fat: 32.92g (50.64%), Saturated Fat: 7.09g (44.34%), Carbohydrates: 73.59g (24.53%), Net Carbohydrates: 63.83g (23.21%), Sugar: 20.38g (22.64%), Cholesterol: 81.65mg (27.22%), Sodium: 2328.47mg (101.24%), Alcohol: 4.27g (23.73%), Protein: 33.5g (67%), Vitamin C: 177.73mg (215.43%), Manganese: 2.76mg (138.17%), Vitamin K: 128.47µg (122.35%), Vitamin B3: 14.26mg (71.29%), Vitamin B6: 1.22mg (60.98%), Selenium: 38.89µg (55.55%), Phosphorus: 523.73mg (52.37%), Magnesium: 183.87mg (45.97%), Vitamin B2: 0.72mg (42.27%), Potassium: 1441.12mg (41.17%), Vitamin B5: 4.02mg (40.24%), Fiber: 9.76g (39.03%), Vitamin B1: 0.57mg (37.73%), Folate: 137.33µg (34.33%), Copper: 0.68mg (33.92%), Vitamin A: 1651.12IU (33.02%), Iron: 4.79mg (26.63%), Zinc: 3.79mg (25.27%), Vitamin E: 3.53mg (23.51%), Calcium: 167.14mg (16.71%), Vitamin B12: 0.38µg (6.35%), Vitamin D: 0.38µg (2.52%)