

Bourbon Chicken

 Dairy Free

READY IN



1530 min.

SERVINGS



4

CALORIES



443 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.4 cup bourbon
- ☐ 0.5 cup brown sugar packed
- ☐ 4 chicken breasts
- ☐ 2 tablespoons onion dried minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon ground ginger
- ☐ 4 ounces soya sauce

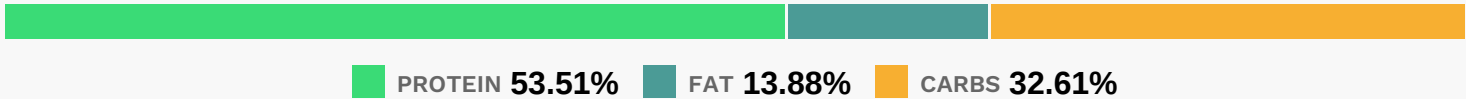
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place chicken breasts in a 9x13 inch baking dish.2 In a small bowl combine the ginger, soy sauce, onion flakes, sugar, bourbon and garlic powder.3
- ☐ Mix together and pour mixture over chicken.4 Cover dish and place in refrigerator.5 Marinate overnight.6 Preheat oven to 325 degrees F (165 degrees C).7
- ☐ Remove dish from refrigerator and remove cover.8
- ☐ Bake in the preheated oven, basting frequently, for 1 1/2 hours or until chicken is well browned and juices run clear.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.21, Inflammation Score:-5, Nutrition Score:23.058695736139%

Nutrients (% of daily need)

Calories: 442.77kcal (22.14%), Fat: 5.92g (9.1%), Saturated Fat: 1.3g (8.13%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 30.71g (11.17%), Sugar: 28.12g (31.24%), Cholesterol: 144.64mg (48.21%), Sodium: 1854.57mg (80.63%), Alcohol: 7.51g (100%), Alcohol %: 3.1% (100%), Protein: 51.32g (102.65%), Vitamin B3: 24.8mg (124%), Selenium: 73.37µg (104.81%), Vitamin B6: 1.81mg (90.51%), Phosphorus: 523.42mg (52.34%), Vitamin B5: 3.4mg (34.03%), Potassium: 984.95mg (28.14%), Manganese: 0.4mg (20.1%), Magnesium: 76.23mg (19.06%), Vitamin B2: 0.27mg (16.11%), Vitamin B1: 0.18mg (11.81%), Iron: 1.87mg (10.41%), Zinc: 1.53mg (10.18%), Vitamin B12: 0.45µg (7.53%), Copper: 0.13mg (6.59%), Vitamin C: 4.59mg (5.57%), Calcium: 47.09mg (4.71%), Folate: 18.81µg (4.7%), Vitamin E: 0.44mg (2.91%), Fiber: 0.56g (2.24%), Vitamin D: 0.23µg (1.51%), Vitamin A: 68.4IU (1.37%)