



Chicken With Stout

 Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups warm beef stock
- ☐ 1 tablespoon brown sugar
- ☐ 2 large carrots sliced
- ☐ 4 chicken thighs
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 head cabbage green sliced
- ☐ 1 teaspoon ground pepper black to taste

- ☐ 4 potatoes cut into 1-inch pieces
- ☐ 1 teaspoon salt to taste
- ☐ 1.5 cups irish stout beer guinness® (such as)
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons water

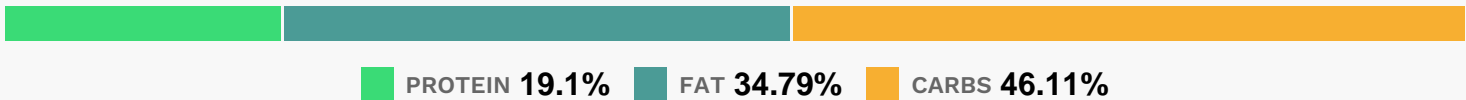
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Whisk flour, salt, and black pepper in a bowl. Press chicken thighs into seasoned flour to coat.
- ☐ Heat vegetable oil in a skillet over medium heat; fry coated chicken in the hot oil until golden brown, 5 to 8 minutes per side.
- ☐ Place potatoes, carrots, and cabbage into a large casserole dish and lay chicken thighs on top of vegetables. Stir beef stock, stout beer, and brown sugar in a bowl.
- ☐ Mix cornstarch and water in a separate small bowl; stir into beer mixture.
- ☐ Pour beer mixture over chicken and vegetables. Cover the casserole dish.
- ☐ Bake in the preheated oven for 1 hour and 15 minutes; uncover casserole and continue baking until chicken is cooked all the way through and sauce has thickened, 45 more minutes.

Nutrition Facts



Properties

Glycemic Index:70.4, Glycemic Load:38.72, Inflammation Score:-10, Nutrition Score:36.511304523634%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 603.88kcal (30.19%), Fat: 22.81g (35.1%), Saturated Fat: 5.75g (35.92%), Carbohydrates: 68.02g (22.67%), Net Carbohydrates: 58.93g (21.43%), Sugar: 10.44g (11.6%), Cholesterol: 110.74mg (36.91%), Sodium: 906.44mg (39.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.17g (56.35%), Vitamin A: 6220.52IU (124.41%), Vitamin C: 85.63mg (103.79%), Vitamin K: 104.64µg (99.66%), Vitamin B6: 1.27mg (63.27%), Vitamin B3: 9.83mg (49.14%), Potassium: 1630.56mg (46.59%), Selenium: 28.64µg (40.92%), Phosphorus: 388.01mg (38.8%), Manganese: 0.75mg (37.59%), Fiber: 9.1g (36.39%), Vitamin B1: 0.5mg (33.33%), Folate: 123.62µg (30.91%), Vitamin B2: 0.44mg (26.09%), Magnesium: 99.41mg (24.85%), Iron: 4.11mg (22.85%), Vitamin B5: 2.2mg (21.97%), Copper: 0.4mg (20.18%), Zinc: 2.59mg (17.29%), Vitamin B12: 0.72µg (12.05%), Calcium: 106.75mg (10.68%), Vitamin E: 0.97mg (6.45%)