



## Grill-Roasted Chicken

 Dairy Free

READY IN



450 min.

SERVINGS



6

CALORIES



877 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 cups apple juice
- ☐ 5 medium size apples assorted quartered
- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.5 cup bourbon
- ☐ 0.3 cup brown sugar light packed
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cups ice cubes
- ☐ 0.3 cup kosher salt

- ☐ 2 tablespoons brown sugar light
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon pepper
- ☐ 1.5 pounds shallots peeled halved
- ☐ 6 servings green beans
- ☐ 1 pound sweet potatoes and into quartered
- ☐ 5 lb chicken whole

## Equipment

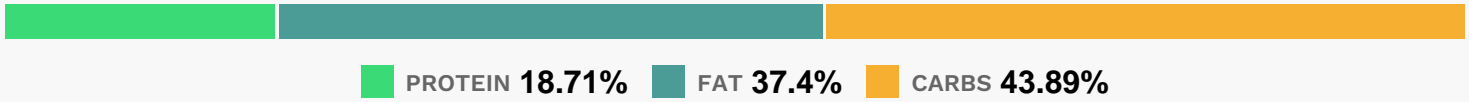
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ roasting pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

## Directions

- ☐ Bring apple juice to a boil in a heavy 3-qt. saucepan.
- ☐ Remove from heat, and stir in bourbon and next 3 ingredients, stirring until sugar and salt are dissolved. Cool completely (about 20 minutes); stir in ice.
- ☐ Remove neck and giblets from chicken; reserve for another use.
- ☐ Place chicken and apple juice mixture in a 2-gal. zip-top plastic freezer bag; seal.
- ☐ Place bag in a shallow baking dish, and chill 4 hours, turning bag occasionally.

- ☐ Remove chicken from brine, discarding brine; pat chicken dry with paper towels. Tie chicken legs together with kitchen string, and tuck chicken wingtips under.
- ☐ Whisk together 2 Tbsp. brown sugar and next 2 ingredients in a large bowl.
- ☐ Add apples and next 2 ingredients, tossing to coat.
- ☐ Place mixture in a single layer in a lightly greased shallow roasting pan.
- ☐ Sprinkle with desired amount of kosher salt and freshly ground black pepper.
- ☐ Place chicken, breast side up, on top of apple mixture in pan.
- ☐ Light one side of grill, heating to 350 to 400 (medium-high) heat; leave other side unlit.
- ☐ Place pan over unlit side, and grill, covered with grill lid, 45 minutes. Stir apple mixture. Grill, covered with grill lid, 1 hour and 15 minutes to 1 hour and 20 minutes or until a meat thermometer inserted into chicken thigh registers 165 and vegetables are tender. (Shield after 45 minutes to prevent excessive browning.)
- ☐ Remove from grill, cover chicken and vegetables with foil, and let stand 20 minutes.
- ☐ Transfer chicken to a serving platter. Toss apples and vegetables with pan juices to coat; sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:55.96, Glycemic Load:27.04, Inflammation Score:-10, Nutrition Score:34.493477987207%

## Flavonoids

Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 4.04mg, Catechin: 4.04mg, Catechin: 4.04mg, Catechin: 4.04mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 19.21mg, Epicatechin: 19.21mg, Epicatechin: 19.21mg, Epicatechin: 19.21mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg

## Nutrients (% of daily need)

Calories: 876.86kcal (43.84%), Fat: 35.11g (54.02%), Saturated Fat: 8.94g (55.88%), Carbohydrates: 92.71g (30.9%), Net Carbohydrates: 81.06g (29.48%), Sugar: 59.54g (66.16%), Cholesterol: 136.08mg (45.36%), Sodium: 4919.94mg (213.91%), Alcohol: 6.68g (100%), Alcohol %: 0.96% (100%), Protein: 39.53g (79.07%), Vitamin A: 11564.58IU (231.29%), Vitamin B3: 13.7mg (68.48%), Vitamin B6: 1.36mg (68.17%), Vitamin K: 59.69µg (56.85%), Manganese: 1.02mg (50.96%), Fiber: 11.65g (46.6%), Phosphorus: 424.64mg (42.46%), Potassium: 1470.34mg (42.01%), Selenium: 28.66µg (40.94%), Vitamin C: 30.74mg (37.26%), Vitamin B5: 2.92mg (29.19%), Magnesium: 114.03mg (28.51%), Iron: 4.82mg (26.78%), Vitamin B2: 0.42mg (24.42%), Vitamin B1: 0.34mg (22.99%), Zinc: 3.35mg (22.32%), Copper: 0.44mg (22.19%), Folate: 82.79µg (20.7%), Vitamin E: 2.33mg (15.53%), Calcium: 151.99mg (15.2%), Vitamin B12: 0.56µg (9.37%), Vitamin D: 0.36µg (2.42%)