



Grilled Beer-Brined Chicken

 Vegetarian  Gluten Free  Dairy Free

READY IN



600 min.

SERVINGS



8

CALORIES



1476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 48 oz beer chilled canned
- 0.3 cup brown sugar packed
- 6 lb irish oats whole
- 0.5 teaspoon garlic powder
- 0.3 cup kosher salt (coarse)
- 0.5 teaspoon onion powder
- 1 tablespoon paprika
- 0.5 teaspoon pepper

- 1 teaspoon salt
- 0.3 cup vegetable oil
- 2 cups water

Equipment

- bowl
- frying pan
- paper towels
- pot
- grill
- aluminum foil

Directions

- In 6- to 8-quart noncorrosive (stainless steel, enamel-coated or plastic) container or stockpot, mix water, kosher salt and brown sugar, stirring until salt and sugar are dissolved. Stir in beer.
- Add chicken. Cover; refrigerate at least 8 hours but no longer than 24 hours.
- Line 15x10-inch pan with sides with foil.
- Remove chicken from brine; rinse thoroughly under cool running water and pat dry with paper towels. Discard brine.
- Place chicken in pan. Refrigerate uncovered 1 hour to dry chicken skin. Meanwhile, in small bowl, mix all rub ingredients except oil; set aside.
- Heat gas or charcoal grill for indirect cooking.
- Brush oil over chicken; sprinkle rub mixture over chicken. For two-burner gas grill, heat one burner to medium; place chicken on unheated side. For one-burner gas grill, place chicken on grill over low heat. For charcoal grill, move medium coals to edge of firebox; place chicken over drip pan. Cover grill; cook 15 minutes.
- Turn chicken over; cover grill and cook 20 to 30 minutes longer, turning occasionally, until juice of chicken is clear when thickest piece is cut to bone (170F for breasts; 180F for thighs and drumsticks).

Nutrition Facts

PROTEIN 15.28% FAT 19.07% CARBS 65.65%

Properties

Glycemic Index:18.69, Glycemic Load:109.14, Inflammation Score:-6, Nutrition Score:11.305217382215%

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 Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 1476.47kcal (73.82%), Fat: 30.75g (47.3%), Saturated Fat: 4.46g (27.89%), Carbohydrates: 238.1g (79.37%), Net Carbohydrates: 200.3g (72.84%), Sugar: 6.77g (7.53%), Cholesterol: 0mg (0%), Sodium: 3839.86mg (166.95%), Alcohol: 6.63g (100%), Alcohol %: 1.41% (100%), Protein: 55.4g (110.81%), Fiber: 37.79g (151.18%), Iron: 14.41mg (80.07%), Calcium: 189.94mg (18.99%), Vitamin K: 13.44µg (12.8%), Vitamin A: 431.66IU (8.63%), Vitamin E: 0.81mg (5.43%), Vitamin B6: 0.1mg (5.21%), Vitamin B3: 0.97mg (4.86%), Magnesium: 13.57mg (3.39%), Vitamin B2: 0.05mg (3.17%), Manganese: 0.06mg (3.06%), Phosphorus: 28.21mg (2.82%), Folate: 10.89µg (2.72%), Potassium: 80.94mg (2.31%), Selenium: 1.24µg (1.77%), Copper: 0.03mg (1.69%), Vitamin B5: 0.1mg (1.05%)