



Grilled Beer-Brined Chicken



Gluten Free



Dairy Free

READY IN



600 min.

SERVINGS



8

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups water
- ☐ 0.3 cup kosher salt (coarse)
- ☐ 0.3 cup brown sugar packed
- ☐ 48 oz beer chilled canned
- ☐ 6 lb roasting chickens whole
- ☐ 1 tablespoon paprika
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon onion powder

- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup vegetable oil

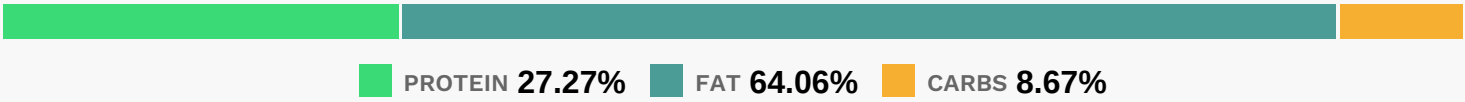
Equipment

- ☐ 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 (170°F for breasts; 180°F for thighs and drumsticks).

Nutrition Facts



Properties

Glycemic Index:11.56, Glycemic Load:2.49, Inflammation Score:-9, Nutrition Score:22.316086966058%

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: 692.29kcal (34.61%), Fat: 45.33g (69.73%), Saturated Fat: 12.01g (75.08%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 13.42g (4.88%), Sugar: 6.77g (7.53%), Cholesterol: 213.57mg (71.19%), Sodium: 4011.22mg (174.4%), Alcohol: 6.63g (100%), Alcohol %: 1.67% (100%), Protein: 43.41g (86.83%), Vitamin B3: 16.93mg (84.66%), Vitamin A: 2525.18IU (50.5%), Vitamin B6: 0.9mg (44.94%), Phosphorus: 437.98mg (43.8%), Selenium: 30.04µg (42.92%), Vitamin B12: 2.49µg (41.54%), Vitamin B2: 0.48mg (28.15%), Vitamin B5: 2.64mg (26.35%), Zinc: 3.26mg (21.76%), Iron: 3.73mg (20.73%), Folate: 75.46µg (18.87%), Potassium: 567.69mg (16.22%), Magnesium: 60.76mg (15.19%), Vitamin K: 13.44µg (12.8%), Vitamin B1: 0.16mg (10.63%), Copper: 0.18mg (9.14%), Vitamin C: 6mg (7.27%), Manganese: 0.13mg (6.41%), Vitamin E: 0.81mg (5.43%), Calcium: 44.67mg (4.47%), Fiber: 0.37g (1.49%)