



Maple Lager Chicken Ridge

READY IN



95 min.

SERVINGS



4

CALORIES



478 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 ounce beer lager-style
- ☐ 1 tablespoon flour all-purpose
- ☐ 4 sprigs rosemary fresh
- ☐ 8 cloves garlic smashed
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup maple syrup
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 large onion sliced
- ☐ 24 ounces skin-on bone-in

☐ 1 tablespoon butter unsalted

Equipment

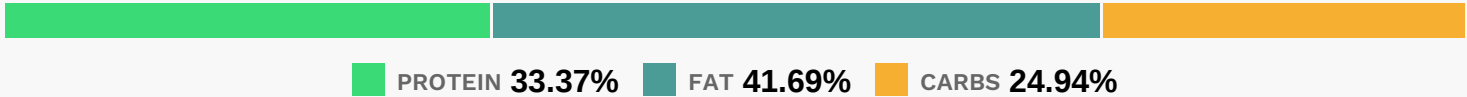
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ tongs
- ☐ grill pan

Directions

- ☐ Preheat the oven to 40
- ☐ Whisk together the beer and maple syrup in a 2-quart casserole dish.
- ☐ Add the onion, 4 cloves garlic and 2 sprigs rosemary to the beer mixture; season with salt and pepper. Arrange the chicken skin-side up on top and season with salt and pepper. Cover the dish with foil and set it on a baking sheet.
- ☐ Bake until the chicken is just cooked through, or until a thermometer inserted into the thickest part reaches 145, about 40 minutes.
- ☐ Meanwhile, combine the olive oil with the remaining 4 cloves garlic and 2 sprigs rosemary in a small saucepan; warm over low heat until the garlic is soft and the oil becomes fragrant, about 15 minutes.
- ☐ Using a slotted spoon or tongs, transfer the baked chicken breasts and onion to a plate. Discard the rosemary and garlic; pour the remaining cooking liquid into a skillet and bring to a boil over high heat; cook until reduced by half.

- ☐ Whisk the flour into the liquid, followed by the butter; continue simmering until the sauce coats the back of a spoon, about 4 more minutes. Season with salt and keep warm.
- ☐ Heat a grill pan over medium-high heat.
- ☐ Brush some of the flavored oil over the chicken; place skin-side down in the pan and grill until golden and crisp, about 3 minutes per side.
- ☐ Transfer to a platter. Toss the onion in the remaining flavored oil and grill until slightly crisp and charred, about 5 minutes. Spoon the grilled onion and sauce on top of the chicken.
- ☐ Per serving: Calories: 371; Total Fat: 20 grams; Saturated Fat: 4 grams; Protein: 24 grams; Total carbohydrates: 23 grams; Sugar: 16 grams; Fiber: 1 gram; Cholesterol: 78 milligrams; Sodium: 254 milligrams
- ☐ Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:10.19, Inflammation Score:-6, Nutrition Score:22.150434846463%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 478.26kcal (23.91%), Fat: 20.84g (32.06%), Saturated Fat: 4.65g (29.08%), Carbohydrates: 28.04g (9.35%), Net Carbohydrates: 27.21g (9.9%), Sugar: 17.74g (19.71%), Cholesterol: 116.39mg (38.8%), Sodium: 400.16mg (17.4%), Alcohol: 3.32g (100%), Alcohol %: 1.22% (100%), Protein: 37.52g (75.05%), Vitamin B3: 18.4mg (91.99%), Selenium: 56.65µg (80.93%), Vitamin B6: 1.43mg (71.69%), Manganese: 0.81mg (40.63%), Phosphorus: 392.1mg (39.21%), Vitamin B2: 0.56mg (32.91%), Vitamin B5: 2.55mg (25.54%), Potassium: 795.2mg (22.72%), Vitamin E: 2.36mg (15.75%), Magnesium: 60.79mg (15.2%), Vitamin B1: 0.17mg (11.67%), Zinc: 1.33mg (8.89%), Vitamin K: 8.97µg (8.54%), Vitamin C: 6.71mg (8.13%), Calcium: 62.33mg (6.23%), Vitamin B12: 0.36µg (6.05%),

Folate: 22.86µg (5.71%), Iron: 1.03mg (5.71%), Copper: 0.09mg (4.32%), Fiber: 0.83g (3.31%), Vitamin A: 142.71IU (2.85%), Vitamin D: 0.22µg (1.48%)