



Padma Lakshmi's Red Stripe Beer Chicken



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 2 tablespoons canola oil
- ☐ 6 carrots peeled
- ☐ 1 chicken
- ☐ 4 garlic clove peeled
- ☐ 2 bell pepper green stemmed seeded chopped
- ☐ 1 optional: lemon quartered
- ☐ 2 onion chopped

- ☐ 1 tablespoon oregano dried
- ☐ 4 servings salt and pepper
- ☐ 1 pound yukon gold potatoes peeled quartered
- ☐ 4.5 cups frangelico red
- ☐ 4.5 cups frangelico red

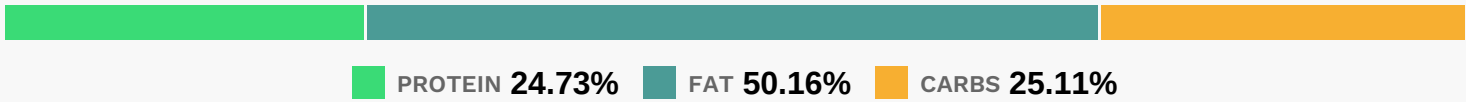
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Pour the oil into a large pot set over medium-high heat.
- ☐ Add the onions, garlic, bell peppers, potatoes, carrots, bay leaves, dried oregano, and a pinch of salt and pepper. Cook, stirring often, until onions are soft and translucent, about five minutes.
- ☐ Stuff the lemon quarters into the cavity of the chicken. If there is room, move the vegetables to the side, and saute the whole chicken on all sides until lightly browned. Otherwise, simply add the chicken to the pot.
- ☐ Pour in enough of the beer to mostly cover the chicken. It only took me 4 ½ cups, but could take up to 6 cups if you have a larger pot. Stir well, and once the liquid comes to a simmer, cover the pot and turn heat to medium-low.
- ☐ Cook until chicken is done and potatoes are tender, about 45 minutes.
- ☐ Remove chicken and let cool for a few minutes. Then carve into eight pieces, and serve in a wide bowl with the vegetables and broth.

Nutrition Facts



Properties

Glycemic Index:57.02, Glycemic Load:19.46, Inflammation Score:-10, Nutrition Score:33.955651863762%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.43mg, Luteolin: 3.43mg, Luteolin: 3.43mg, Luteolin: 3.43mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 13.83mg, Quercetin: 13.83mg, Quercetin: 13.83mg, Quercetin: 13.83mg

Nutrients (% of daily need)

Calories: 645.9kcal (32.3%), Fat: 36.31g (55.87%), Saturated Fat: 8.87g (55.46%), Carbohydrates: 40.9g (13.63%), Net Carbohydrates: 32.53g (11.83%), Sugar: 9.74g (10.82%), Cholesterol: 142.83mg (47.61%), Sodium: 402.4mg (17.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.29g (80.57%), Vitamin A: 15808.24IU (316.16%), Vitamin C: 98mg (118.79%), Vitamin B3: 15.5mg (77.52%), Vitamin B6: 1.4mg (69.99%), Phosphorus: 415.3mg (41.53%), Selenium: 28.72µg (41.03%), Potassium: 1380.04mg (39.43%), Fiber: 8.37g (33.49%), Vitamin K: 34.53µg (32.88%), Manganese: 0.61mg (30.57%), Vitamin B5: 2.53mg (25.26%), Magnesium: 92.98mg (23.24%), Vitamin B1: 0.34mg (22.91%), Zinc: 3.3mg (22.01%), Iron: 3.9mg (21.65%), Vitamin B2: 0.37mg (21.47%), Vitamin E: 2.91mg (19.43%), Folate: 69.51µg (17.38%), Copper: 0.34mg (17.16%), Calcium: 116.51mg (11.65%), Vitamin B12: 0.59µg (9.84%), Vitamin D: 0.38µg (2.54%)