

Rachael Ray's Grilled Beer Chicken With Potato Slabs

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 baking potatoes
- 12 ounces beer room temperature (can or bottle)
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 0.5 cup butter cooled melted
- 1.5 pounds skin-on chicken drumsticks
- 1 tablespoon chili powder

- 2 garlic clove smashed
- 4 servings lime wedges for serving
- 4 servings olive oil for drizzling
- 4 servings salt for sprinkling

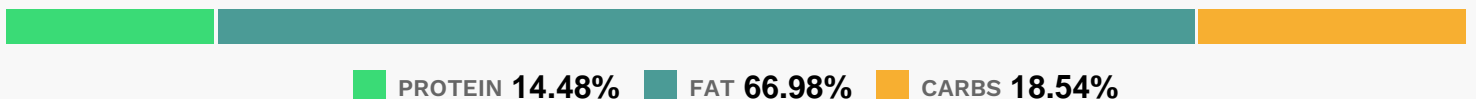
Equipment

- grill
- ziploc bags
- microwave
- grill pan

Directions

- In a resealable plastic bag, combine the beer, butter, garlic, chili powder, brown sugar and salt.²
- Add the drumsticks, seal the bag and let marinate while you proceed.³ Preheat a grill or grill pan to high.⁴ Microwave the potatoes on high until slightly softened, about 5 minutes.⁵ Slice the potatoes lengthwise about 1/4-inch thick.⁶
- Drizzle both sides generously with olive oil.⁷
- Transfer the chicken and potatoes to the grill.⁸ Grill the drumsticks, brushing with the beer marinade and turning occasionally, until the skin is golden and crisp and the juices run clear, 20 to 25 minutes⁹ Meanwhile, grill the potatoes until grill marks appear, about 3 minutes on each side.¹⁰
- Transfer to a plate and sprinkle with salt.¹¹
- Serve the chicken and potatoes with the lime wedges.

Nutrition Facts



Properties

Glycemic Index:59.31, Glycemic Load:16.53, Inflammation Score:-8, Nutrition Score:16.703478284504%

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 Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 660.09kcal (33%), Fat: 47.98g (73.82%), Saturated Fat: 19.39g (121.17%), Carbohydrates: 29.89g (9.96%), Net Carbohydrates: 27.75g (10.09%), Sugar: 6.67g (7.41%), Cholesterol: 165.85mg (55.28%), Sodium: 538.53mg (23.41%), Alcohol: 3.32g (100%), Alcohol %: 1.17% (100%), Protein: 23.34g (46.67%), Vitamin B6: 0.85mg (42.46%), Vitamin B3: 7.31mg (36.57%), Selenium: 24.03µg (34.32%), Phosphorus: 275.19mg (27.52%), Vitamin A: 1356.22IU (27.12%), Vitamin E: 3.67mg (24.45%), Potassium: 782.22mg (22.35%), Zinc: 2.64mg (17.59%), Vitamin K: 17.33µg (16.5%), Vitamin B2: 0.28mg (16.3%), Vitamin B5: 1.6mg (16.02%), Magnesium: 56.92mg (14.23%), Vitamin B1: 0.19mg (12.91%), Manganese: 0.26mg (12.84%), Iron: 2.16mg (11.98%), Vitamin B12: 0.69µg (11.53%), Copper: 0.21mg (10.58%), Fiber: 2.14g (8.56%), Vitamin C: 6.84mg (8.3%), Folate: 25.03µg (6.26%), Calcium: 50.34mg (5.03%)