



Sweet Tea-Brined Chicken



Gluten Free



Dairy Free

READY IN



155 min.

SERVINGS



8

CALORIES



161 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup brown sugar light packed
- ☐ 1.5 lb chicken whole
- ☐ 3 garlic clove halved
- ☐ 2 cups ice cubes
- ☐ 0.3 cup kosher salt
- ☐ 1 optional: lemon thinly sliced
- ☐ 1 tablespoon pepper
- ☐ 2 sprigs rosemary leaves fresh (6-inch)

- ☐ 1 small onion sweet thinly sliced
- ☐ 2 ginger tea bags

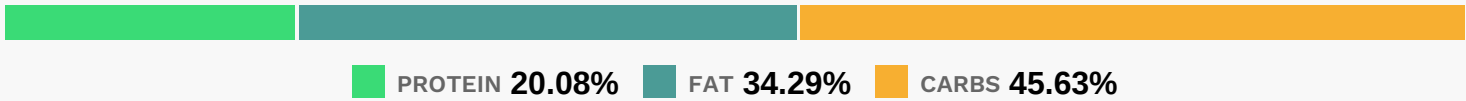
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ baking pan
- ☐ grill

Directions

- ☐ Bring 4 cups water to a boil in a 3-qt. heavy saucepan; add tea bags.
- ☐ Remove from heat; cover and steep 10 minutes.
- ☐ Discard tea bags. Stir in sugar and next 6 ingredients, stirring until sugar dissolves. Cool completely (about 45 minutes); stir in ice. (
- ☐ Mixture should be cold before adding chicken.)
- ☐ Place tea mixture and chicken in a large zip-top plastic freezer bag; seal.
- ☐ Place bag in a shallow baking dish and chill 24 hours.
- ☐ Remove chicken from marinade, discarding marinade; pat chicken dry with paper towels.
- ☐ Light one side of grill, heating to 300 to 350 (medium) heat; leave other side unlit.
- ☐ Place chicken, skin side down, over unlit side, and grill, covered with grill lid, 20 minutes. Turn chicken, and grill, covered with grill lid, 20 minutes. Turn chicken, and grill, covered with grill lid, 40 to 50 minutes or until done.
- ☐ Transfer chicken, skin side down, to lit side of grill, and grill 2 to 3 minutes or until skin is crispy.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.94, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:5.0165217622467%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 160.77kcal (8.04%), Fat: 6.25g (9.62%), Saturated Fat: 1.78g (11.11%), Carbohydrates: 18.73g (6.24%), Net Carbohydrates: 17.76g (6.46%), Sugar: 15.77g (17.52%), Cholesterol: 30.62mg (10.21%), Sodium: 3575.98mg (155.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.48%), Vitamin B3: 2.88mg (14.38%), Vitamin C: 10.15mg (12.3%), Vitamin B6: 0.23mg (11.47%), Selenium: 6.51µg (9.3%), Manganese: 0.18mg (8.79%), Phosphorus: 76.81mg (7.68%), Potassium: 178.69mg (5.11%), Vitamin B5: 0.47mg (4.73%), Iron: 0.78mg (4.32%), Zinc: 0.64mg (4.25%), Magnesium: 16.48mg (4.12%), Copper: 0.08mg (3.99%), Fiber: 0.97g (3.87%), Calcium: 37.09mg (3.71%), Vitamin B2: 0.06mg (3.68%), Folate: 13.78µg (3.44%), Vitamin B1: 0.05mg (3.33%), Vitamin B12: 0.13µg (2.11%), Vitamin K: 1.98µg (1.89%), Vitamin A: 65.47IU (1.31%), Vitamin E: 0.16mg (1.06%)