



3%
HEALTH SCORE

Tipsy Chicken

 **Gluten Free**  **Dairy Free**

READY IN



130 min.

SERVINGS



8

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups beer
- 0.5 teaspoon ground pepper
- 2 tablespoons chili powder divided
- 2 tablespoons curry powder
- 1 teaspoon garlic powder
- 2 tablespoons ground cumin
- 1 teaspoon onion powder
- 0.5 teaspoon paprika

- 1 tablespoon pepper
- 8 servings fries
- 0.1 cup salt
- 1 teaspoon salt
- 6 cups water
- 3 pound chicken whole

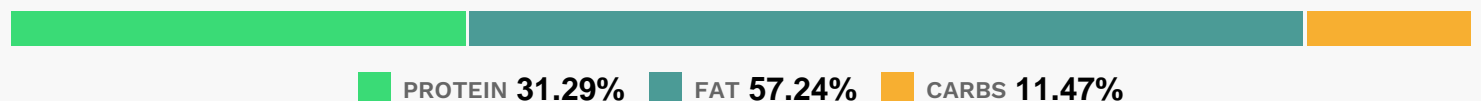
Equipment

- bowl
- grill

Directions

- Combine brine ingredients – water, beer, 1/8 cup salt, garlic powder, and onion powder – in a large container, one that is large enough to hold the brine and the chicken. Soak whole chicken in brine for 1 hour.
- Soak wood chips in water for 1 hour.
- Preheat grill for indirect cooking method.
- Place wood chips over coals when ready to cook.
- In a small bowl, combine cumin, curry, chili powder, pepper, 1 teaspoon salt, paprika, and cayenne pepper. Rub chicken inside and out with spice mixture.
- Place chicken on grill, breast side down. Close lid, and cook for 30 minutes. Turn over, and cook for an additional 25 minutes, or until juices run clear and temperature is 185 degrees in the thickest part of the chicken. Keep the lid closed while cooking for even cooking, and to get more of that smoky flavor.

Nutrition Facts



Properties

Glycemic Index:24.85, Glycemic Load:1.18, Inflammation Score:-7, Nutrition Score:9.7686956498934%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 224.38kcal (11.22%), Fat: 13.34g (20.52%), Saturated Fat: 3.69g (23.06%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 4.28g (1.56%), Sugar: 0.28g (0.31%), Cholesterol: 61.24mg (20.41%), Sodium: 2169.08mg (94.31%), Alcohol: 2.3g (100%), Alcohol %: 0.88% (100%), Protein: 16.41g (32.82%), Vitamin B3: 6.27mg (31.33%), Vitamin B6: 0.4mg (19.81%), Selenium: 13.04µg (18.64%), Vitamin A: 858.83IU (17.18%), Phosphorus: 152.07mg (15.21%), Iron: 2.7mg (15.01%), Manganese: 0.28mg (14.16%), Vitamin E: 1.47mg (9.81%), Magnesium: 36.42mg (9.11%), Zinc: 1.36mg (9.06%), Vitamin B2: 0.15mg (8.57%), Potassium: 286.2mg (8.18%), Vitamin B5: 0.81mg (8.09%), Fiber: 1.74g (6.94%), Copper: 0.13mg (6.62%), Vitamin K: 6.36µg (6.05%), Calcium: 50.81mg (5.08%), Vitamin B1: 0.08mg (5.02%), Vitamin B12: 0.26µg (4.42%), Folate: 12.34µg (3.08%), Vitamin C: 1.83mg (2.22%), Vitamin D: 0.16µg (1.09%)