



## Wolf's Bourbon Chicken

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

READY IN



260 min.

SERVINGS



4

CALORIES



343 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 cup brown sugar
- 2 tablespoons onion dried minced
- 2 tablespoons cooking wine dry white
- 0.5 teaspoon garlic powder
- 1 teaspoon ground ginger
- 1 pound chicken breast boneless skinless cut into bite-sized chunks
- 0.5 cup soya sauce
- 0.5 cup bourbon whiskey

## Equipment

- oven
- baking pan

## Directions

- Combine the soy sauce, brown sugar, garlic powder, ground ginger, dry minced onion, and bourbon whiskey in a 9x13 inch baking pan. Stir in chicken pieces. Cover and refrigerate, stirring often, for several hours or overnight.
- Preheat oven to 350 degrees F (175 degrees C).
- Uncover chicken; place in the preheated oven. Baste chicken every 10 minutes. Cook until the juices run clear, about 1 hour.
- Remove cooked chicken from baking pan; scrape juices and browned bits from the baking dish into a skillet. Stir in the white wine. Cook and stir over medium heat until sauce is hot, and has reduced slightly. Stir in chicken; heat for 1 additional minute before serving.

## Nutrition Facts

**PROTEIN 41.8%** **FAT 10.27%** **CARBS 47.93%**

## Properties

Glycemic Index:12.5, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:13.897826237523%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

## Nutrients (% of daily need)

Calories: 342.72kcal (17.14%), Fat: 3g (4.62%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 31.53g (10.51%), Net Carbohydrates: 30.96g (11.26%), Sugar: 28.23g (31.37%), Cholesterol: 72.57mg (24.19%), Sodium: 1760.44mg (76.54%), Alcohol: 11.39g (100%), Alcohol %: 6.87% (100%), Protein: 27.49g (54.98%), Vitamin B3: 13.1mg (65.51%), Selenium: 37.35µg (53.36%), Vitamin B6: 0.97mg (48.59%), Phosphorus: 289.14mg (28.91%), Manganese: 0.4mg (19.77%), Vitamin B5: 1.8mg (18.04%), Potassium: 574.87mg (16.42%), Magnesium: 47.97mg (11.99%), Vitamin B2: 0.16mg (9.58%), Iron: 1.49mg (8.28%), Vitamin B1: 0.11mg (7.12%), Zinc: 0.88mg (5.88%), Copper: 0.1mg (5.1%), Calcium: 42.26mg (4.23%), Vitamin C: 3.24mg (3.93%), Vitamin B12: 0.23µg (3.78%), Folate: 14.5µg (3.62%), Fiber:

0.57g (2.27%), Vitamin E: 0.22mg (1.48%)