



## Beer Butt Chicken

 **Gluten Free**  **Popular**

READY IN



240 min.

SERVINGS



8

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 fluid ounce beer canned
- 1 cup butter
- 2 tablespoons garlic salt
- 2 tablespoons paprika
- 8 servings salt and pepper to taste
- 4 pound meat from a rotisserie chicken whole

### Equipment

- frying pan

baking sheet

grill

## Directions

Preheat an outdoor grill for low heat.

In a small skillet, melt 1/2 cup butter.

Mix in 1 tablespoon garlic salt, 1 tablespoon paprika, salt, and pepper.

Discard 1/2 the beer, leaving the remainder in the can.

Add remaining butter, garlic salt, paprika, and desired amount of salt and pepper to beer can.

Place can on a disposable baking sheet. Set chicken on can, inserting can into the cavity of the chicken. Baste chicken with the melted, seasoned butter.

Place baking sheet with beer and chicken on the prepared grill. Cook over low heat for about 3 hours, or until internal temperature of chicken reaches 180 degrees F (80 degrees C).

## Nutrition Facts

 **PROTEIN 18.59%**  **FAT 79.16%**  **CARBS 2.25%**

## Properties

Glycemic Index:13.19, Glycemic Load:0.7, Inflammation Score:-8, Nutrition Score:10.182608718457%

## Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg 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: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 461.51kcal (23.08%), Fat: 39.63g (60.97%), Saturated Fat: 19.31g (120.71%), Carbohydrates: 2.54g (0.85%), Net Carbohydrates: 1.93g (0.7%), Sugar: 0.2g (0.22%), Cholesterol: 142.65mg (47.55%), Sodium: 2199.52mg (95.63%), Alcohol: 1.73g (100%), Alcohol %: 1.16% (100%), Protein: 20.94g (41.88%), Vitamin B3: 7.82mg (39.1%), Vitamin A: 1723.44IU (34.47%), Selenium: 16.34µg (23.34%), Vitamin B6: 0.44mg (21.99%), Phosphorus: 178.54mg (17.85%), Vitamin B5: 1.08mg (10.84%), Zinc: 1.54mg (10.25%), Vitamin B2: 0.17mg (10.17%), Vitamin E: 1.49mg (9.96%), Iron: 1.38mg (7.67%), Potassium: 264.84mg (7.57%), Magnesium: 28.17mg (7.04%), Vitamin B12: 0.39µg (6.58%), Vitamin B1: 0.07mg (4.98%), Vitamin K: 5.02µg (4.79%), Copper: 0.07mg (3.42%), Manganese: 0.06mg

(2.85%), Folate: 10.9µg (2.73%), Calcium: 25.77mg (2.58%), Fiber: 0.61g (2.44%), Vitamin C: 1.76mg (2.13%), Vitamin D: 0.22µg (1.45%)