

Beer Butt Chicken

 Gluten Free

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

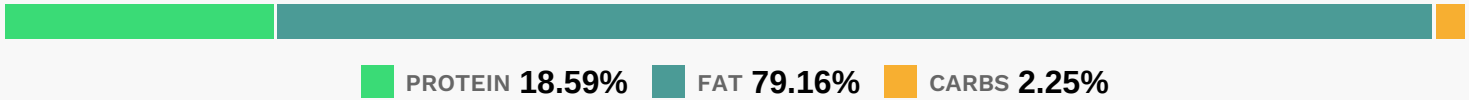
- ☐ frying pan

- ☐ 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



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%)