



Beer Can Chicken

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



864 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce beer canned
- 2 sprigs rosemary fresh
- 2 cloves garlic crushed
- 4 servings kosher salt and pepper black freshly ground
- 3 pound roasting chickens (since it has been brined)
- 0.3 cup bobby flay's 16 spice rub dry divided for chicken, or your favorite spice rub recipe,
- 4 servings vegetable oil
- 2 cups apple wood chips cold for 1 hour

Equipment

- frying pan
- paper towels
- grill
- kitchen thermometer
- tongs
- cutting board
- can opener

Directions

- Watch how to make this recipe.
- Prepare a kettle grill with charcoal off to one side for indirect grilling and add the soaked apple wood or mesquite wood chips over the coals.
- Remove the neck and giblets and pat the chicken dry with paper towels.
- Brush chicken all over with oil and sprinkle with salt and pepper and 3 tablespoons dry rub. Set aside.
- Open the beer can, pour out about 1/2 cup of the beer into a cup and drink it (or pour it over the wood chips). Make an extra hole in the top of the can with a church-key can opener.
- Add the remaining 1 tablespoon dry rub to the beer can (it might fizz up a little bit at the top, but don't worry, that is normal), the garlic and rosemary.
- Hold the chicken above the can of beer and slide the chicken over the can. Fold the wings back behind the chicken. Make sure the legs are in front of the can, supporting the chicken.
- Place the chicken inside a disposable pan.
- Place the pan on the grates of the grill on the opposite side of the charcoals, put lid on and cook the chicken until golden brown and the internal temperature registers 160 degrees F in the breast area and 175 degrees F in the thigh area on an instant-read thermometer, 1 to 1 1/2 hours.
- Remove from the grill (be careful not to spill the contents of the beer can as it will be very hot) and let rest for 10 minutes before carving.

Use a pair of locking tongs and grab the bottom of the beer can to remove from the chicken cavity.

Place on a platter or cutting board to rest and cool. Carve and serve.

Nutrition Facts

PROTEIN 24.84% **FAT 61.68%** **CARBS 13.48%**

Properties

Glycemic Index:25.63, Glycemic Load:1.37, Inflammation Score:-9, Nutrition Score:29.24347792501%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 863.8kcal (43.19%), Fat: 57.11g (87.87%), Saturated Fat: 13.24g (82.72%), Carbohydrates: 28.09g (9.36%), Net Carbohydrates: 27.54g (10.01%), Sugar: 0.15g (0.17%), Cholesterol: 213.57mg (71.19%), Sodium: 176.23mg (7.66%), Alcohol: 3.32g (100%), Alcohol %: 0.89% (100%), Protein: 51.76g (103.52%), Vitamin B3: 17.49mg (87.43%), Vitamin K: 61.17µg (58.26%), Phosphorus: 561.76mg (56.18%), Vitamin B6: 0.91mg (45.53%), Vitamin A: 2210.82IU (44.22%), Selenium: 29.85µg (42.64%), Vitamin B12: 2.48µg (41.26%), Vitamin B2: 0.69mg (40.75%), Manganese: 0.65mg (32.44%), Iron: 5.57mg (30.96%), Magnesium: 111.18mg (27.79%), Zinc: 3.94mg (26.23%), Vitamin B5: 2.58mg (25.76%), Calcium: 228.91mg (22.89%), Copper: 0.43mg (21.63%), Folate: 75.83µg (18.96%), Potassium: 547.32mg (15.64%), Vitamin C: 10.51mg (12.74%), Vitamin B1: 0.17mg (11.03%), Vitamin E: 1.21mg (8.03%), Fiber: 0.56g (2.23%)