



## Beer Can Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



95 min.

SERVINGS



4

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients



1 can beer



1 teaspoon pepper black



2 tablespoons salt



3 tablespoons spice rub dry your favorite



2 tablespoons vegetable oil



4 pound meat from a rotisserie chicken whole

## Equipment



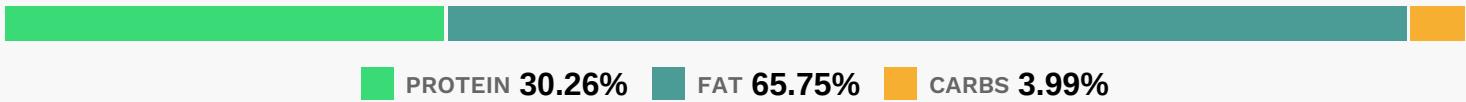
paper towels

- ☐ knife
- ☐ grill

## Directions

- ☐ Watch how to make this recipe.
- ☐ Remove neck and giblets from chicken and discard. Rinse chicken inside and out, and pat dry with paper towels. Rub chicken lightly with oil then rub inside and out with salt, pepper and dry rub. Set aside.
- ☐ Open beer can and take several gulps (make them big gulps so that the can is half full).
- ☐ Place beer can on a solid surface. Grabbing a chicken leg in each hand, plunk the bird cavity over the beer can.
- ☐ Transfer the bird-on-a-can to your grill and place in the center of the grate, balancing the bird on its 2 legs and the can like a tripod.
- ☐ Cook the chicken over medium-high, indirect heat (i.e. no coals or burners on directly under the bird), with the grill cover on, for approximately 1 1/4 hours or until the internal temperature registers 165 degrees F in the breast area and 180 degrees F in the thigh, or until the thigh juice runs clear when stabbed with a sharp knife.
- ☐ Remove from grill and let rest for 10 minutes before carving.

## Nutrition Facts



## Properties

Glycemic Index:18.13, Glycemic Load:1.34, Inflammation Score:-6, Nutrition Score:18.320000042086%

## Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 576.95kcal (28.85%), Fat: 39.83g (61.28%), Saturated Fat: 10.53g (65.79%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 4.98g (1.81%), Sugar: 0.1g (0.11%), Cholesterol: 163.29mg (54.43%), Sodium: 3645.1mg (158.48%), Alcohol: 3.47g (100%), Alcohol %: 1.35% (100%), Protein: 41.25g (82.49%), Vitamin B3: 15.36mg (76.79%), Selenium: 32.14µg (45.91%), Vitamin B6: 0.84mg (42.2%), Vitamin K: 40.75µg (38.81%), Phosphorus: 338.43mg (33.84%), Vitamin B5: 2.02mg (20.25%), Zinc: 2.97mg (19.8%), Iron: 3.12mg (17.31%), Vitamin B2: 0.29mg (17.07%), Manganese: 0.33mg (16.35%), Magnesium: 56.55mg (14.14%), Potassium: 463.41mg (13.24%), Vitamin B12: 0.69µg (11.55%), Vitamin B1: 0.14mg (9.57%), Vitamin E: 1.25mg (8.36%), Vitamin A: 386.51IU (7.73%), Copper: 0.14mg (7.18%), Calcium: 61.76mg (6.18%), Folate: 22.63µg (5.66%), Vitamin C: 3.84mg (4.66%), Vitamin D: 0.44µg (2.9%), Fiber: 0.47g (1.86%)