



Beer-Can Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 48 ounce beer divided canned
- ☐ 6 pound chickens whole
- ☐ 8 ounce dressing italian
- ☐ 0.3 cup fajita seasoning

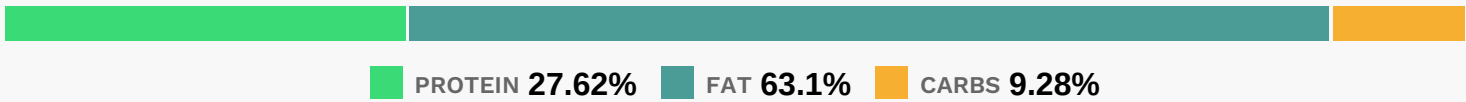
Equipment

- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Place each chicken in a large zip-top plastic bag.
- ☐ Combine 1 can beer, Italian dressing, and fajita seasoning; pour evenly over chickens. Seal bags, and chill 8 hours, turning occasionally.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Open remaining 3 cans beer.
- ☐ Place each chicken upright onto a beer can, fitting into cavity. Pull legs forward to form a tripod, allowing chickens to stand upright.
- ☐ Prepare a hot fire by piling charcoal on one side of grill, leaving other side empty. (For gas grills, only light one side.)
- ☐ Place food grate on grill.
- ☐ Place chickens upright on unlit side of grill. Grill, covered with grill lid, 1 hour and 20 minutes or until golden and a meat thermometer registers 17
- ☐ Let stand 10 minutes or until thermometer reaches 18
- ☐ Carefully remove cans, and cut chickens into quarters.
- ☐ Marinated Flank Steak: Omit 3 cans beer. Substitute 3 (2-pound) flank steaks for chicken, and marinate as directed.
- ☐ Remove steak from marinade, discarding marinade.
- ☐ Place steak on lit side of grill. Grill, covered with lid, over medium-high heat (350 to 40
- ☐ about 20 minutes or to desired degree of doneness.
- ☐ Let stand 10 minutes before slicing.
- ☐ Note: For testing purposes only, we used Bolner's Fiesta Brand Extra Fancy Fajita Seasoning, which is available at Wal-Mart and most supermarkets.

Nutrition Facts



Properties

Glycemic Index:3.79, Glycemic Load:1.7, Inflammation Score:-8, Nutrition Score:18.4660869474%

Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg 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: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 459.83kcal (22.99%), Fat: 29.79g (45.84%), Saturated Fat: 7.94g (49.6%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 7.76g (2.82%), Sugar: 2.24g (2.49%), Cholesterol: 142.38mg (47.46%), Sodium: 307.68mg (13.38%), Alcohol: 4.42g (100%), Alcohol %: 1.85% (100%), Protein: 29.34g (58.67%), Vitamin B3: 11.48mg (57.38%), Vitamin K: 41.23µg (39.26%), Vitamin B6: 0.65mg (32.28%), Phosphorus: 299.18mg (29.92%), Vitamin A: 1486.33IU (29.73%), Selenium: 20.49µg (29.26%), Vitamin B12: 1.66µg (27.7%), Iron: 4.15mg (23.08%), Vitamin B2: 0.34mg (19.85%), Vitamin B5: 1.78mg (17.79%), Folate: 61.53µg (15.38%), Manganese: 0.31mg (15.28%), Zinc: 2.28mg (15.18%), Magnesium: 52.51mg (13.13%), Potassium: 433.1mg (12.37%), Calcium: 102.26mg (10.23%), Vitamin E: 1.31mg (8.76%), Fiber: 2.09g (8.38%), Vitamin B1: 0.12mg (7.72%), Copper: 0.14mg (6.99%), Vitamin C: 4.16mg (5.05%)