



Beer Can Chicken



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 oz beer canned
- ☐ 2 roasting chickens whole (4 lb. each)
- ☐ 1 tablespoon thyme dried
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon onion powder
- ☐ 1 tablespoon paprika
- ☐ 8 servings salt and pepper

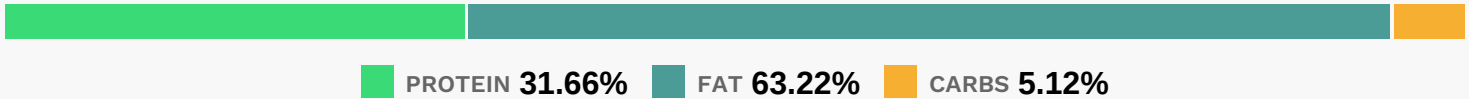
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 350F. Rinse chickens inside and out; pat dry thoroughly.
- ☐ Mix paprika, onion powder, garlic powder, thyme, salt and pepper. Rub chickens (inside and outside) with spice mixture.
- ☐ Pour about 2 oz. beer out of each can. Set cans upright in a roasting pan large enough to hold both chickens without touching. Set chickens so that cans fit inside cavities, legs facing down. Roast chickens until juices run clear, about 1 hour 15 minutes, basting after 30 minutes.
- ☐ Carefully remove chickens from beer cans and let rest for 10 to 15 minutes. Carve into portions and serve.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:1.28, Inflammation Score:-9, Nutrition Score:17.452608585358%

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 Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg 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: 453.32kcal (22.67%), Fat: 29.68g (45.66%), Saturated Fat: 8.46g (52.85%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 4.69g (1.71%), Sugar: 0.18g (0.2%), Cholesterol: 164.17mg (54.72%), Sodium: 331.02mg (14.39%), Alcohol: 3.32g (100%), Alcohol %: 1.5% (100%), Protein: 33.44g (66.88%), Vitamin B3: 12.83mg (64.14%), Vitamin A: 2059.22IU (41.18%), Vitamin B6: 0.69mg (34.71%), Phosphorus: 337.59mg (33.76%), Selenium: 23.1µg (33%), Vitamin B12: 1.91µg (31.78%), Vitamin B2: 0.36mg (21.33%), Vitamin B5: 2.02mg (20.16%), Iron: 3.53mg (19.6%), Zinc: 2.59mg (17.24%), Folate: 57.56µg (14.39%), Potassium: 441.73mg (12.62%), Magnesium: 45.79mg (11.45%), Vitamin K: 9.31µg (8.87%), Vitamin B1: 0.13mg (8.71%), Copper: 0.14mg (7%), Manganese: 0.13mg (6.66%), Vitamin C: 5.06mg (6.13%), Calcium: 38.22mg (3.82%), Fiber: 0.71g (2.85%), Vitamin E: 0.3mg (2.01%)