

Beer-Can Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce beer canned
- ☐ 2 chilies dried whole such as chipotle or new mexico
- ☐ 1 tablespoon ground cinnamon
- ☐ 1 tablespoon ground cumin
- ☐ 1 tablespoon oregano
- ☐ 1 tablespoon salt
- ☐ 2 tablespoons sugar
- ☐ 3.5 pound chicken whole

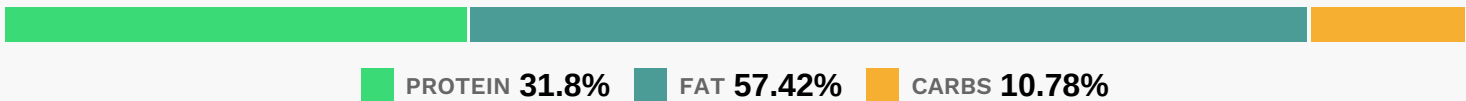
Equipment

- ☐ food processor
- ☐ blender
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ In a blender, food processor, or spice grinder, combine the chiles, sugar, salt, and spices.
- ☐ Remove the neck and giblets from the chicken and discard. Rub the chicken inside and out with the spice rub. Cover with plastic wrap and refrigerate at least 4 hours or overnight. Light a charcoal grill and allow the coals to burn until covered with gray ash or heat a gas grill to medium. Drink half the beer; leave the other half in the can. Slide the chicken over the can and place in the center of the cooking grate, balancing the chicken on its two legs and the can, like a tripod. Cover grill. Grill about 1 1/4 hours or until an instant-read thermometer registers 170 F inserted in the breast and 180 F in the thigh, or until the juices run clear. Carefully remove the chicken and hot can from grill.
- ☐ Let the chicken rest 10 minutes before lifting it from the can.

Nutrition Facts



Properties

Glycemic Index:31.4, Glycemic Load:5.48, Inflammation Score:-9, Nutrition Score:16.223043255184%

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: 483.95kcal (24.2%), Fat: 29.14g (44.83%), Saturated Fat: 8.26g (51.64%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 10.48g (3.81%), Sugar: 6.22g (6.91%), Cholesterol: 142.88mg (47.63%), Sodium: 1884.19mg (81.92%), Alcohol: 3.32g (100%), Alcohol %: 1.44% (100%), Protein: 36.31g (72.62%), Vitamin B3: 13.57mg (67.84%), Selenium: 28.19µg (40.27%), Vitamin B6: 0.73mg (36.53%), Phosphorus: 302.97mg (30.3%), Manganese: 0.51mg (25.57%), Iron: 3.39mg (18.81%), Vitamin B5: 1.79mg (17.9%), Zinc: 2.65mg (17.69%), Vitamin B2: 0.27mg (15.67%), Magnesium: 53.53mg (13.38%), Potassium: 439.37mg (12.55%), Vitamin K: 11.6µg (11.05%), Vitamin B12: 0.61µg (10.13%), Vitamin B1: 0.13mg (8.72%), Calcium: 79.58mg (7.96%), Vitamin A: 379.14IU (7.58%), Fiber: 1.82g (7.29%), Copper: 0.13mg (6.29%), Vitamin E: 0.9mg (6.03%), Folate: 19.89µg (4.97%), Vitamin C: 3.35mg (4.06%), Vitamin D: 0.38µg (2.54%)