

Beer-Can Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pound meat from a rotisserie chicken
- ☐ 1 can lager light
- ☐ 2 tablespoons spice rub

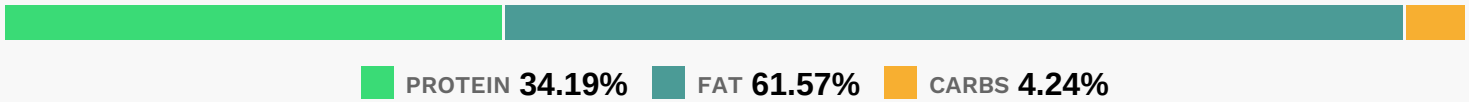
Equipment

- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ grill pan

Directions

- ☐ Pour out (or drink) half of beer.
- ☐ Prepare grill for high, indirect heat and fit with grill pan (for a charcoal grill, bank coals on 1 side of grill and put drip pan on empty side; for a gas grill, leave 1 burner turned off and place drip pan over unlit burner).
- ☐ Add water to pan to a depth of 1/2".
- ☐ Season chicken with 4-3-2-1 Spice Rub.
- ☐ Place cavity of chicken, legs pointing down, onto open can so that it supports chicken upright.
- ☐ Place can, with chicken, on grill over indirect heat (and above drip pan). Grill chicken, covered, until cooked through and an instant-read thermometer inserted into the thickest part of thigh registers 165°F, 45-60 minutes. (If using charcoal, you may need to add more to maintain heat.)
- ☐ Let chicken rest 10 minutes before carving.
- ☐ Serve with pan drippings.

Nutrition Facts



Properties

Glycemic Index:10.13, Glycemic Load:1.28, Inflammation Score:-5, Nutrition Score:14.729130470234%

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: 454kcal (22.7%), Fat: 28.84g (44.37%), Saturated Fat: 8.28g (51.73%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 4.25g (1.54%), Sugar: 0.06g (0.07%), Cholesterol: 142.88mg (47.63%), Sodium: 137.46mg (5.98%), Alcohol: 3.47g (100%), Alcohol %: 1.56% (100%), Protein: 36.04g (72.07%), Vitamin B3: 13.47mg (67.36%), Selenium: 28.11µg (40.16%), Vitamin B6: 0.73mg (36.71%), Phosphorus: 295.93mg (29.59%), Vitamin K: 18.97µg (18.06%), Vitamin B5: 1.77mg (17.7%), Zinc: 2.57mg (17.12%), Vitamin B2: 0.25mg (14.98%), Iron: 2.44mg (13.55%), Magnesium:

47.92mg (11.98%), Potassium: 397.77mg (11.36%), Vitamin B12: 0.61µg (10.14%), Manganese: 0.18mg (9.02%), Vitamin B1: 0.12mg (8.27%), Vitamin A: 319.35IU (6.39%), Copper: 0.11mg (5.64%), Folate: 19.53µg (4.88%), Calcium: 44.44mg (4.44%), Vitamin E: 0.6mg (3.99%), Vitamin C: 3.29mg (3.99%), Vitamin D: 0.38µg (2.54%)