






 **44%**
HEALTH SCORE

Beer Can Chicken, Country Style Vegetables with Roasted Garlic

 **Gluten Free**  **Dairy Free**

READY IN

45 min.

SERVINGS

4

CALORIES

819 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz beer canned
- 1 ground pepper
- 1 tbsp pepper crushed
- 1 large ears corn
- 1 tsp thyme dried
- 1 lb garlic clove whole
- 4 servings garlic powder to taste

- 100 g green beans
- 1 teaspoon juice of lemon
- 4 servings olive oil
- 2 teaspoons onion powder
- 2 bell pepper red
- 2 teaspoons salt
- 4 servings salt and pepper
- 1 tbsp paprika smoked
- 1 chicken whole
- 2 tbsp frangelico chopped
- 2 tbsp frangelico chopped

Equipment

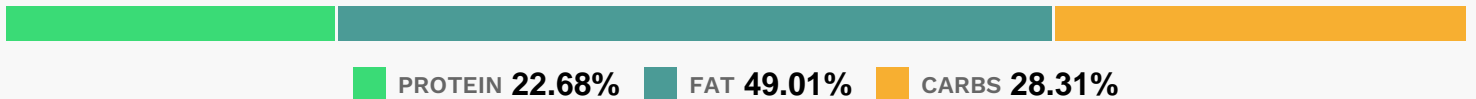
- bowl
- frying pan
- oven
- knife
- roasting pan
- aluminum foil

Directions

- Pre-heat oven to 200C
- Rub chicken with olive oil and lemon juice.
- Cut a garlic clove in half and rub the open end all over the chicken. In a small bowl mix the paprika, crushed chilli, thyme, salt and pepper. Rub this mixture into the chicken.
- If injecting your chicken with marinade do this now.
- Mix all ingredient together until smooth so nothing clogs the injector. Inject into various points of the flesh.4.. To prepare for the oven. Open the can of beer and pour out 1/3 of the beer (better, drink it!).

- Place the beer can on a roasting tray and gently place the chicken on top of the can as far down as you can go.5..
- Place chicken in the oven standing up and roast for approx. 25 minutes on 200C, then turn down to 180C and roast a further 25 minutes. (Depending on what type of oven you have you may need to adjust these times, and check on the progress of the bird as you go.) In the final 20 minutes of roasting add your garlic bulb to the roasting pan.
- For the vegetables. Rub pepper in oil and place on some foil in the oven along with the chicken for approx. 15 20 minutes until soft and charred and skin is peeling off. When ready remove from oven, peel off skin and slice into strips.
- Boil or steam green beans.
- Boil, then char the corn in a griddle pan. When ready take a knife and from the top to the bottom cut off the corn kernels, slicing downwards. At this point you could also add your strips of red pepper and beans to the griddle pan to add some charred stripes. slicing downwards.7.. To plate the dish.
- Mix the pepper, beans and corn in a bowl with some olive oil, a squeeze of lemon juice, chopped coriander and salt and pepper.
- Serve this along with pieces of the paprika beer can chicken.

Nutrition Facts



Properties

Glycemic Index:50.13, Glycemic Load:13.18, Inflammation Score:-10, Nutrition Score:42.656086956522%

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 Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg, Gallic acid: 0.07mg

Nutrients (% of daily need)

Calories: 818.66kcal (40.93%), Fat: 44.58g (68.58%), Saturated Fat: 10.52g (65.75%), Carbohydrates: 57.93g (19.31%), Net Carbohydrates: 50.98g (18.54%), Sugar: 7.21g (8.01%), Cholesterol: 142.83mg (47.61%), Sodium: 1558.84mg (67.78%), Alcohol: 3.32g (18.43%), Protein: 46.42g (92.85%), Vitamin C: 121.22mg (146.93%), Vitamin B6: 2.5mg (124.91%), Manganese: 2.26mg (112.91%), Vitamin B3: 16.06mg (80.28%), Vitamin A: 3951.46IU (79.03%), Selenium: 45.88µg (65.54%), Phosphorus: 550.81mg (55.08%), Potassium: 1246.57mg (35.62%), Vitamin K: 36.76µg (35.01%), Vitamin E: 5.14mg (34.29%), Iron: 5.83mg (32.36%), Vitamin B1: 0.48mg (32.31%), Vitamin B2: 0.52mg (30.59%), Vitamin B5: 3.04mg (30.38%), Zinc: 4.52mg (30.11%), Fiber: 6.95g (27.8%), Magnesium: 108.95mg (27.24%), Copper: 0.54mg (27.05%), Calcium: 268.59mg (26.86%), Folate: 75.51µg (18.88%), Vitamin B12: 0.61µg (10.12%), Vitamin D: 0.38µg (2.54%)