



Beer Can Chicken Grill

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



30

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup honey barbecue sauce sweet kraft
- 12 oz beer canned
- 0.5 tsp pepper black
- 1 tsp garlic powder
- 1 tsp onion powder
- 0.5 tsp paprika
- 0.3 tsp thyme leaves dried
- 4 lb meat from a rotisserie chicken whole

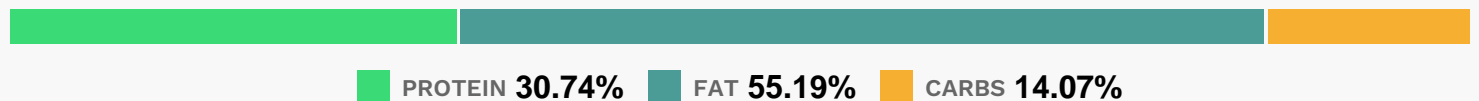
Equipment

- grill
- aluminum foil

Directions

- Heat grill for indirect grilling: Light one side of grill, leaving other side unlit. Close lid; heat grill to 375F.
- Mix first 5 ingredients; rub onto chicken.
- Open beer can; discard half the beer.
- Place can on work surface; lower chicken over can, inserting can into tail end of chicken. Stand chicken on grate over unlit area, using the legs to help the chicken stand upright; cover. (Can should remain in chicken on grill.)
- Grill chicken 1 hour; brush with 1/4 cup sauce. Grill, uncovered, 15 min. or until chicken is done (165F), monitoring for consistent grill temperature and brushing chicken frequently with remaining sauce.
- Remove from grill; cover loosely with foil.
- Let stand 10 min. before removing chicken from can and carving chicken. Discard any beer remaining in can.

Nutrition Facts



Properties

Glycemic Index:4.58, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:2.2060869556406%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 76.3kcal (3.82%), Fat: 4.41g (6.78%), Saturated Fat: 1.26g (7.84%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 2.44g (0.89%), Sugar: 1.59g (1.77%), Cholesterol: 21.77mg (7.26%), Sodium: 70.02mg (3.04%),

Alcohol: 0.44g (100%), Alcohol %: 1.23% (100%), Protein: 5.53g (11.05%), Vitamin B3: 2.07mg (10.33%), Selenium: 4.35µg (6.21%), Vitamin B6: 0.11mg (5.68%), Phosphorus: 46.08mg (4.61%), Vitamin B5: 0.28mg (2.79%), Zinc: 0.4mg (2.65%), Vitamin B2: 0.04mg (2.42%), Potassium: 72.37mg (2.07%), Magnesium: 7.41mg (1.85%), Iron: 0.32mg (1.75%), Vitamin B12: 0.09µg (1.54%), Vitamin A: 70.7IU (1.41%), Vitamin B1: 0.02mg (1.34%)