



Beer-Can Chicken with Cola Barbecue Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce beer canned
- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons brown sugar
- ☐ 0.5 cup coca-cola
- ☐ 0.5 teaspoon garlic instant minced
- ☐ 1 teaspoon pepper black
- ☐ 0.5 cup catsup
- ☐ 0.5 teaspoon liquid smoke

- ☐ 0.5 teaspoon onion flakes instant
- ☐ 1 cup fries
- ☐ 2 teaspoons sea salt
- ☐ 1.5 teaspoons steak sauce (such as A-1)
- ☐ 2 teaspoons paprika sweet
- ☐ 4 pound chicken whole
- ☐ 2 tablespoons worcestershire sauce

Equipment

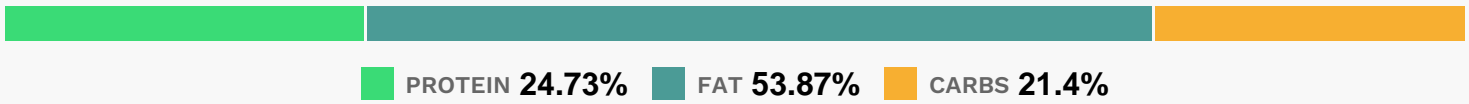
- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ spatula
- ☐ tongs
- ☐ cutting board
- ☐ can opener

Directions

- ☐ Open beer can; drink half. Carefully pierce top of beer can with "church-key" can opener several times; set aside. To prepare chicken, soak wood chips in water 1 hour.
- ☐ Combine salt, sugar, paprika, and pepper; set aside.
- ☐ To prepare grill for indirect grilling, place a disposable aluminum foil pan in center of grill. Arrange charcoal around foil pan; heat to medium heat.
- ☐ Remove and discard giblets and neck from chicken. Rinse chicken with cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Rub 2 teaspoons spice mixture under loosened skin. Rub 2 teaspoons spice mixture in body cavity. Rub 2 teaspoons spice mixture over skin. Slowly add remaining spice mixture to beer

- can (salt will make beer foam). Holding chicken upright with the body cavity facing down, insert beer can into cavity.
- ☐ Drain wood chips.
 - ☐ Place half of wood chips on hot coals. Coat grill rack with cooking spray.
 - ☐ Place chicken on grill rack over drip pan.
 - ☐ Spread legs out to form a tripod to support the chicken. Cover and grill 2 hours or until a meat thermometer inserted into meaty portion of thigh registers 18
 - ☐ Add remaining wood chips after 1 hour and charcoal as needed.
 - ☐ Lift chicken slightly using tongs; place spatula under can. Carefully lift chicken and can; place on a cutting board.
 - ☐ Let stand 5 minutes. Gently lift chicken using tongs or insulated rubber gloves; carefully twist can and remove from cavity. Discard skin and can.
 - ☐ To prepare sauce, combine cola and remaining ingredients in a saucepan; bring to a boil. Reduce heat, and simmer 6 minutes. Cool.
 - ☐ Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:46.14, Glycemic Load:8.6, Inflammation Score:-6, Nutrition Score:13.964782548987%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 481.56kcal (24.08%), Fat: 27.88g (42.9%), Saturated Fat: 8.07g (50.44%), Carbohydrates: 24.93g (8.31%), Net Carbohydrates: 22.7g (8.25%), Sugar: 8.21g (9.12%), Cholesterol: 108.86mg (36.29%), Sodium: 1346.56mg (58.55%), Alcohol: 2.21g (100%), Alcohol %: 0.96% (100%), Protein: 28.8g (57.6%), Vitamin B3: 11.46mg (57.3%), Vitamin B6: 0.66mg (33.17%), Selenium: 21.77µg (31.1%), Phosphorus: 267mg (26.7%), Potassium: 594.58mg (16.99%), Vitamin B5: 1.6mg (15.98%), Vitamin B2: 0.25mg (14.78%), Zinc: 2.14mg (14.24%), Iron: 2.45mg (13.62%),

Vitamin A: 643.97IU (12.88%), Magnesium: 45.52mg (11.38%), Manganese: 0.22mg (11%), Fiber: 2.23g (8.92%),
Vitamin B1: 0.13mg (8.72%), Vitamin C: 6.82mg (8.27%), Vitamin B12: 0.46µg (7.69%), Copper: 0.13mg (6.48%),
Vitamin E: 0.94mg (6.29%), Folate: 24.22µg (6.05%), Vitamin K: 4.09µg (3.9%), Calcium: 37.9mg (3.79%), Vitamin D:
0.29µg (1.94%)