

Beer-Can Turkey



Gluten Free



Dairy Free

READY IN



165 min.

SERVINGS



12

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces beer canned (in a can if using a beer-can turkey stand)
- ☐ 0.3 cup canola oil
- ☐ 1 teaspoon onion dried chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon sea salt
- ☐ 0.5 teaspoon ground cumin smoked
- ☐ 12 servings kosher salt and pepper freshly ground
- ☐ 2 teaspoons spicy mustard powder

- ☐ 1 teaspoon paprika smoked spanish
- ☐ 9 pound turkey frozen thawed (if)

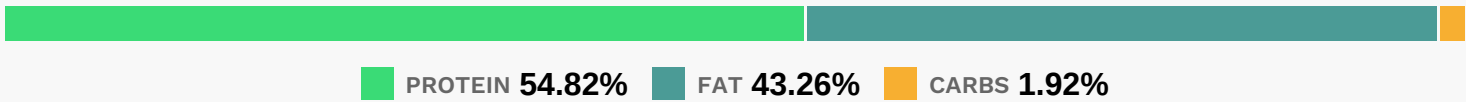
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ grill
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Preheat a grill to medium (about 350 degrees F) on one side.
- ☐ Pour the beer into a turkey sitter (a ceramic stand that holds liquid). Or open the beer can, pour out a few tablespoons and place in a beer-can turkey stand.
- ☐ Combine the mustard powder, garlic powder, dried onion, paprika, granulated garlic, cumin, and salt and pepper to taste in a small bowl.
- ☐ Remove the neck, giblets and any excess fat from the turkey; discard. Rinse the turkey under cold water and pat dry with paper towels. Rub the cavity with 2 to 3 teaspoons of the spice mixture.
- ☐ Brush the outside of the turkey with the canola oil and place drumstick-end down on the sitter or stand. Rub the remaining spice mixture all over the turkey.
- ☐ Place the turkey (on the sitter or stand) on the cooler side of the grill. Cover and cook until the juices run clear and a thermometer inserted into the thickest part of the thigh registers 185 degrees F and 170 degrees F in the breast, 2 to 3 hours. Carefully remove the turkey from the grill, remove from the sitter or stand, and discard the beer.
- ☐ Transfer the turkey to a cutting board and let rest at least 20 minutes before carving.
- ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:22.042173941498%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 399.16kcal (19.96%), Fat: 18.45g (28.39%), Saturated Fat: 3.89g (24.28%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.66g (0.6%), Sugar: 0.35g (0.39%), Cholesterol: 173.91mg (57.97%), Sodium: 466.05mg (20.26%), Alcohol: 1.11g (100%), Alcohol %: 0.51% (100%), Protein: 52.62g (105.25%), Vitamin B3: 18.62mg (93.1%), Selenium: 52.44µg (74.91%), Vitamin B6: 1.48mg (73.89%), Vitamin B12: 2.95µg (49.21%), Phosphorus: 452.48mg (45.25%), Zinc: 4.35mg (29.02%), Vitamin B2: 0.46mg (26.94%), Vitamin B5: 1.99mg (19.86%), Potassium: 567.63mg (16.22%), Magnesium: 64.59mg (16.15%), Iron: 2.23mg (12.41%), Copper: 0.2mg (9.77%), Vitamin B1: 0.12mg (8.32%), Vitamin E: 1.11mg (7.37%), Folate: 20.1µg (5.02%), Vitamin D: 0.72µg (4.83%), Vitamin A: 218.59IU (4.37%), Vitamin K: 3.5µg (3.33%), Calcium: 31.22mg (3.12%), Manganese: 0.05mg (2.74%)