



Big Bud's Beer Can Chicken

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bacon
- 12 ounce beer canned
- 1 tablespoon pepper black freshly ground
- 1 teaspoon sage dried
- 2 cloves garlic smashed
- 1 teaspoon garlic powder
- 1 teaspoon ground ginger
- 1 tablespoon onion powder

- 1 teaspoon oregano dried
- 1 teaspoon paprika
- 1 teaspoon sea salt
- 2 pound meat from a rotisserie chicken whole

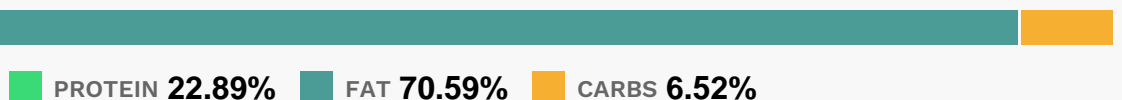
Equipment

- bowl
- frying pan
- paper towels
- oven
- toothpicks
- kitchen thermometer

Directions

- Watch how to make this recipe.
- Preheat oven to 450 degrees F. Wash chicken with cold water and pat dry with paper towels.
- Mix dry ingredients in small bowl. Rub 1/2 of the ingredients on inside cavity of chicken. Gently peel skin away from chicken and rub mixture into meat of chicken. Open beer can pour out about 1/2 cup. Drop the garlic cloves into the beer can.
- Place chicken, open end down, over the beer can to insert the beer into the cavity.
- Place chicken, standing up, in large saute pan.
- Place 1/3 of the bacon in the top cavity of the chicken and drape the remaining 2/3 of the bacon down the outside of the chicken. Pierce the bacon to the chicken with toothpicks.
- Place chicken in the oven for 10 minutes and then lower temperature to 325 degrees F and cook for another 1 hour, or until the internal temperature in the thickest part of the thigh reaches 165 degrees F on an instant-read thermometer.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:1.59, Inflammation Score:-7, Nutrition Score:14.14304345587%

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 Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 526kcal (26.3%), Fat: 39.09g (60.14%), Saturated Fat: 12.29g (76.82%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 6.91g (2.51%), Sugar: 0.25g (0.28%), Cholesterol: 119.07mg (39.69%), Sodium: 1039.21mg (45.18%), Alcohol: 3.32g (100%), Alcohol %: 1.62% (100%), Protein: 28.52g (57.03%), Vitamin B3: 10.28mg (51.41%), Selenium: 28.63µg (40.91%), Vitamin B6: 0.64mg (31.93%), Phosphorus: 270.16mg (27.02%), Manganese: 0.48mg (24.09%), Vitamin B1: 0.24mg (16.33%), Zinc: 2.29mg (15.25%), Vitamin B5: 1.41mg (14.08%), Vitamin B2: 0.21mg (12.61%), Potassium: 417.8mg (11.94%), Magnesium: 42.61mg (10.65%), Vitamin B12: 0.64µg (10.63%), Iron: 1.91mg (10.62%), Vitamin A: 438.13IU (8.76%), Vitamin K: 8.13µg (7.74%), Copper: 0.13mg (6.44%), Vitamin E: 0.84mg (5.57%), Fiber: 1.21g (4.85%), Calcium: 45.36mg (4.54%), Folate: 14.97µg (3.74%), Vitamin C: 2.66mg (3.22%), Vitamin D: 0.44µg (2.96%)