



## Cola-Can Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



539 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 4 servings barbecue sauce
- ☐ 12 ounce coca-cola canned
- ☐ 2 tablespoons big daddy's taco rub divided
- ☐ 3 tablespoons vegetable oil
- ☐ 3.5 pound chicken whole

## Equipment

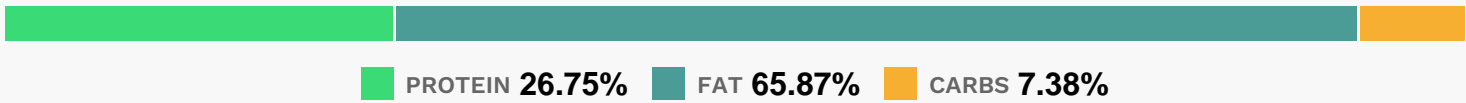
- ☐ frying pan
- ☐ grill

☐ kitchen thermometer

## Directions

- ☐ Sprinkle 1 teaspoon Barbecue Rub inside body cavity and 1/2 teaspoon inside neck cavity of chicken.
- ☐ Rub oil over skin.
- ☐ Sprinkle with 1 tablespoon Barbecue Rub, and rub over skin.
- ☐ Pour out half of cola (about 3/4 cup), and reserve for Cola Barbecue Sauce, leaving remaining cola in can. Make 2 additional holes in top of can. Spoon remaining 1 1/2 teaspoons rub into cola can. Cola will start to foam.
- ☐ Place chicken upright onto the cola can, fitting can into cavity. Pull legs forward to form a tripod, allowing chicken to stand upright.
- ☐ Prepare a fire by piling charcoal on one side of grill, leaving other side empty. (For gas grills, light only one side.)
- ☐ Place a drip pan on unlit side, and place food rack on grill.
- ☐ Place chicken upright over drip pan. Grill, covered with grill lid, 1 hour and 15 minutes or until golden and a meat thermometer registers 18
- ☐ Remove chicken from grill, and let stand 5 minutes; carefully remove can.
- ☐ Serve with Cola Barbecue Sauce.

## Nutrition Facts



## Properties

Glycemic Index:15.75, Glycemic Load:5.12, Inflammation Score:-4, Nutrition Score:15.29130441987%

## Nutrients (% of daily need)

Calories: 539.09kcal (26.95%), Fat: 39.06g (60.1%), Saturated Fat: 9.83g (61.45%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 9.62g (3.5%), Sugar: 8.02g (8.91%), Cholesterol: 142.88mg (47.63%), Sodium: 147.6mg (6.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.8mg (2.27%), Protein: 35.69g (71.39%), Vitamin B3: 13.02mg (65.11%), Selenium: 27.68µg (39.54%), Vitamin K: 37.74µg (35.94%), Vitamin B6: 0.69mg (34.7%), Phosphorus: 292.17mg (29.22%), Vitamin B5: 1.74mg (17.35%), Zinc: 2.58mg (17.18%), Iron: 2.52mg (14.01%), Vitamin B2: 0.23mg (13.71%), Potassium: 377.76mg (10.79%), Magnesium: 42.71mg (10.68%), Vitamin B12: 0.59µg (9.84%), Vitamin E:

1.44mg (9.6%), Manganese: 0.18mg (8.81%), Vitamin B1: 0.12mg (7.99%), Vitamin A: 321.59IU (6.43%), Copper: 0.11mg (5.49%), Calcium: 42.91mg (4.29%), Vitamin C: 3.29mg (3.99%), Folate: 14.21µg (3.55%), Vitamin D: 0.38µg (2.54%)