



Drunken Chicken

 **Gluten Free**  **Dairy Free**

READY IN

ready

70 min.

SERVINGS

servings

6

CALORIES

calories

316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce beer canned
- ☐ 0.3 cup pepper black
- ☐ 3 pound meat from a rotisserie chicken
- ☐ 0.3 cup garlic powder
- ☐ 1 sprig rosemary
- ☐ 1 cup salt
- ☐ 6 servings lawry's seasoned salt

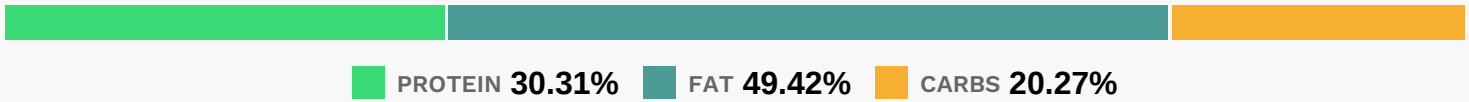
Equipment

☐ grill

Directions

- ☐ Preheat a charcoal grill over high heat. When the coals are hot and glowing, carefully push them over to the sides of the grill, leaving an open space in the middle of the grill. Wash and drain chicken. Coat the chicken inside and out with seasoned salt and House Seasoning. Open the can of beer and carefully insert a sprig of rosemary. Then, place the beer can into the body cavity starting at the rear of the chicken. Carefully place the chicken on the center of the grill, facing 1 of the banks of the coals, making sure not to spill the beer. Cover the grill and cook until chicken is done, approximately 45 minutes to 1 hour, turning the chicken as necessary. The chicken is done when the juice runs clear.
- ☐ Serve chicken with favorite BBQ sides.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:24.58, Glycemic Load:2.35, Inflammation Score:-5, Nutrition Score:15.06782600154%

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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 315.86kcal (15.79%), Fat: 16.79g (25.83%), Saturated Fat: 4.86g (30.34%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 12.11g (4.4%), Sugar: 0.3g (0.34%), Cholesterol: 81.65mg (27.22%), Sodium: 19142.38mg (832.28%), Alcohol: 2.21g (100%), Alcohol %: 1.2% (100%), Protein: 23.17g (46.33%), Manganese: 1.43mg (71.42%), Vitamin B3: 7.89mg (39.43%), Vitamin B6: 0.6mg (29.96%), Selenium: 18.91µg (27.01%), Phosphorus: 224.36mg (22.44%), Vitamin K: 17.81µg (16.96%), Iron: 2.67mg (14.85%), Fiber: 3.39g (13.55%), Potassium: 473.77mg (13.54%), Copper: 0.25mg (12.68%), Zinc: 1.89mg (12.62%), Magnesium: 50.15mg (12.54%), Vitamin B5: 1.23mg (12.25%), Vitamin B2: 0.18mg (10.38%), Vitamin B1: 0.12mg (8.12%), Calcium: 77.71mg (7.77%), Vitamin B12: 0.35µg (5.81%), Vitamin A: 206.85IU (4.14%), Folate: 16.29µg (4.07%), Vitamin E: 0.5mg (3.3%), Vitamin C: 1.87mg (2.27%), Vitamin D: 0.22µg (1.45%)