



Dry-Brined Beer-Can Chicken

 Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 oz brown ale canned
- ☐ 3 bay leaves crumbled finely
- ☐ 7 lb chickens whole
- ☐ 1.5 teaspoons marjoram dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 cup kosher salt
- ☐ 1 tablespoon brown sugar light
- ☐ 1 teaspoon pepper freshly ground

- ☐ 2 teaspoons pimentón smoked sweet spanish (paprika)
- ☐ 1 large oven bag

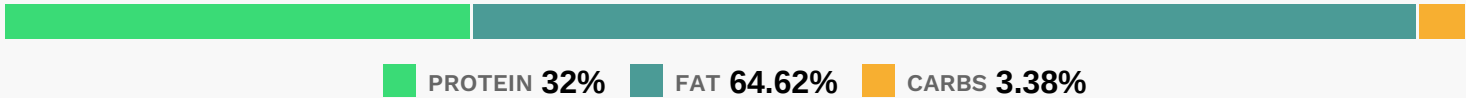
Equipment

- ☐ oven
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Combine first 7 ingredients.
- ☐ Sprinkle skin and cavities of chickens with salt mixture.
- ☐ Place chickens in oven bag; twist end of bag, and close with tie. Chill 24 hours.
- ☐ Light 1 side of grill, heating to 350 to 400 (medium-high) heat; leave other side unlit. Reserve 1/2 cup beer from each can for another use.
- ☐ Place each chicken upright onto a beer can, fitting into cavity. Pull legs forward to form a tripod, allowing chickens to stand upright.
- ☐ Place chickens upright on unlit side of grill. Grill, covered with grill lid, 1 hour and 30 minutes to 1 hour and 40 minutes or until golden and a meat thermometer inserted in thickest portion registers 17
- ☐ Let stand 10 minutes. Carefully remove chickens from cans; cut into quarters.

Nutrition Facts



Properties

Glycemic Index:9.06, Glycemic Load:1.25, Inflammation Score:-9, Nutrition Score:24.043478058732%

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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.07mg,

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Nutrients (% of daily need)

Calories: 661.95kcal (33.1%), Fat: 44.89g (69.06%), Saturated Fat: 12.8g (79.98%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 4.98g (1.81%), Sugar: 1.5g (1.66%), Cholesterol: 249.17mg (83.06%), Sodium: 3748.75mg (162.99%), Alcohol: 3.32g (100%), Alcohol %: 1.09% (100%), Protein: 50.02g (100.04%), Vitamin B3: 19.13mg (95.64%), Vitamin A: 2600.64IU (52.01%), Phosphorus: 492.27mg (49.23%), Vitamin B6: 0.98mg (48.98%), Selenium: 34.27µg (48.95%), Vitamin B12: 2.89µg (48.09%), Vitamin B2: 0.52mg (30.74%), Vitamin B5: 3mg (29.97%), Zinc: 3.76mg (25.07%), Iron: 4.32mg (24.02%), Folate: 81.09µg (20.27%), Potassium: 608.14mg (17.38%), Magnesium: 61.94mg (15.48%), Vitamin B1: 0.18mg (11.83%), Copper: 0.19mg (9.57%), Vitamin C: 7.05mg (8.54%), Manganese: 0.15mg (7.47%), Calcium: 41.62mg (4.16%), Vitamin K: 3.2µg (3.05%), Vitamin E: 0.2mg (1.35%), Fiber: 0.3g (1.2%)