




Garlic Herb Beer Butt Chicken


 **Gluten Free**  **Very Healthy**

READY IN




150 min.

SERVINGS



2

CALORIES



3948 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 24 ounce beer canned
- 0.3 cup butter melted
- 10 pound chickens whole
- 0.3 bunch parsley fresh
- 10 cloves garlic divided peeled smashed
- 2 tablespoons garlic powder
- 2 servings ground pepper black to taste
- 0.3 bunch oregano sprigs fresh

- 2 tablespoons paprika
- 0.3 bunch thyme sprigs fresh

Equipment

- bowl
- paper towels
- grill
- kitchen thermometer
- aluminum foil

Directions

- Rinse chickens and pat dry inside and out with paper towels. Rub skin of chickens with 1/4 cup softened butter.
- Mix paprika, garlic powder, and black pepper in a small bowl and sprinkle chickens with about half the seasoning mix. Reserve remaining seasonings for later step.
- Make a small hole in the skin between the breast and leg of each chicken; use your finger to loosen breast skin and push 1 or 2 cloves of garlic beneath the breast skin.
- Place parsley, oregano, and thyme in the cavity of each chicken.
- Let the chickens marinate 1 hour, or up to overnight refrigerated.
- Preheat grill for low heat and lightly oil the grate.
- Place 2 garlic cloves into each partially full can of beer and remove herbs from chicken cavities; stuff the herbs into the beer cans. Spray each chicken with cooking spray and sit the chickens up on the beer cans, inserting cans into the cavities to hold chickens upright.
- Place a large section of aluminum foil on grill; stand chickens up on the foil. Baste chickens with 1/4 cup melted butter and sprinkle with remaining seasoning mix.
- Grill chickens until an instant-read meat thermometer inserted into a thigh of each bird reads 180 degrees F (80 degrees C), about 2 hours.

Nutrition Facts

PROTEIN 30.43% **FAT 66.52%** **CARBS 3.05%**

Properties

Glycemic Index:127.25, Glycemic Load:6.86, Inflammation Score:-10, Nutrition Score:73.697391219761%

Flavonoids

Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Apigenin: 15.36mg, Apigenin: 15.36mg, Apigenin: 15.36mg, Apigenin: 15.36mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.9mg, Kaempferol: 2.9mg, Kaempferol: 2.9mg, Kaempferol: 2.9mg Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg Galliccatechin: 0.27mg, Galliccatechin: 0.27mg, Galliccatechin: 0.27mg, Galliccatechin: 0.27mg

Nutrients (% of daily need)

Calories: 3948.41kcal (197.42%), Fat: 280.08g (430.89%), Saturated Fat: 87.8g (548.72%), Carbohydrates: 28.87g (9.62%), Net Carbohydrates: 25.01g (9.09%), Sugar: 1.15g (1.28%), Cholesterol: 1484.83mg (494.94%), Sodium: 1354.63mg (58.9%), Alcohol: 13.27g (100%), Alcohol %: 0.82% (100%), Protein: 288.28g (576.56%), Vitamin B3: 109.15mg (545.73%), Vitamin A: 18741.67IU (374.83%), Vitamin B6: 5.93mg (296.66%), Phosphorus: 2869.25mg (286.93%), Selenium: 198.88µg (284.11%), Vitamin B12: 16.51µg (275.11%), Vitamin B2: 3.05mg (179.4%), Vitamin B5: 17.4mg (173.99%), Zinc: 22.06mg (147.05%), Iron: 25.53mg (141.82%), Vitamin K: 125.69µg (119.7%), Folate: 470.73µg (117.68%), Potassium: 3704.27mg (105.84%), Magnesium: 362.79mg (90.7%), Vitamin B1: 1.09mg (72.66%), Vitamin C: 54.85mg (66.49%), Copper: 1.16mg (58.16%), Manganese: 0.95mg (47.68%), Calcium: 249.78mg (24.98%), Vitamin E: 2.84mg (18.92%), Fiber: 3.86g (15.45%)