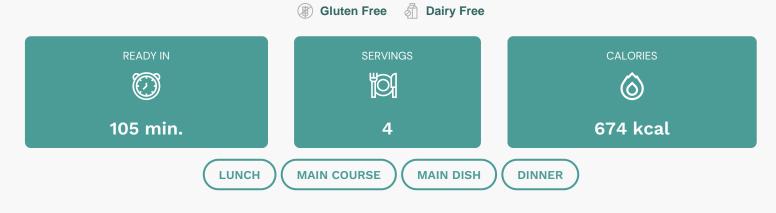


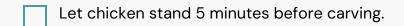
Grilled Beer-Can Chicken with Spicy Chili Rub



Ingredients

12 oz beer canned
1 tablespoon brown sugar
1 teaspoon chili powder
0.5 teaspoon cumin
0.5 teaspoon garlic powder
O.3 teaspoon ground pepper red (cayenne)
3 teaspoons paprika
0.3 teaspoon pepper

	3.5 lb roasting chickens whole	
	1 teaspoon lawry's seasoned salt	
Equipment		
	bowl	
	frying pan	
	paper towels	
	baking pan	
	roasting pan	
	grill	
	kitchen thermometer	
	spatula	
	tongs	
	can opener	
Directions		
	Heat gas or charcoal grill for indirect cooking as directed by manufacturer (see Cook's Note).	
	Remove and discard neck and giblets from chicken cavity. Rinse chicken with cold water; pat dry with paper towels.	
	In small bowl, combine all remaining ingredients except beer; mix well. Rub mixture on inside and over outside of chicken, using all of mixture.	
	Open beer can; with can opener, make several other openings in top. Measure out 2/3 cup beer; discard or reserve for another use. Spray outside of half-full can of beer with nonstick cooking spray; place in ungreased shallow roasting pan. Carefully place chicken cavity over can, pushing until chicken balances in pan.	
	When grill is heated, using tongs and pancake turner, remove chicken and can from pan; place on grill directly over drip pan, making sure chicken is balanced. Cover grill; cook 11/4 to 11/2 hours or until chicken juices run clear and thermometer inserted in thickest part of thigh registers 180F.	
	With thick hot pads and tongs, carefully remove chicken and can from grill; place in clean baking pan or on serving platter. Twist can to remove from chicken; discard can.	



Nutrition Facts

PROTEIN 31.51% 📗 FAT 63.6% 📒 CARBS 4.89%

Properties

Glycemic Index:32.38, Glycemic Load:1.31, Inflammation Score:-9, Nutrition Score:25.401304555976%

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

Nutrients (% of daily need)

Calories: 673.63kcal (33.68%), Fat: 45.14g (69.45%), Saturated Fat: 12.83g (80.2%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 6.99g (2.54%), Sugar: 3.13g (3.48%), Cholesterol: 249.17mg (83.06%), Sodium: 795.45mg (34.58%), Alcohol: 3.32g (100%), Alcohol %: 1.1% (100%), Protein: 50.32g (100.65%), Vitamin B3: 19.3mg (96.48%), Vitamin A: 3385.37lU (67.71%), Vitamin B6: 1.02mg (51.04%), Phosphorus: 499.66mg (49.97%), Selenium: 34.47µg (49.25%), Vitamin B12: 2.89µg (48.09%), Vitamin B2: 0.54mg (31.92%), Vitamin B5: 3.04mg (30.38%), Iron: 4.63mg (25.7%), Zinc: 3.83mg (25.56%), Folate: 81.69µg (20.42%), Potassium: 652.02mg (18.63%), Magnesium: 65.46mg (16.36%), Vitamin B1: 0.19mg (12.34%), Copper: 0.2mg (10.1%), Vitamin C: 7.09mg (8.59%), Manganese: 0.15mg (7.56%), Vitamin E: 0.68mg (4.51%), Calcium: 43.67mg (4.37%), Fiber: 0.82g (3.29%), Vitamin K: 2.05µg (1.96%)