



Grilled Beer-Can Chicken with Spicy Chili Rub



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 lb roasting chickens whole
- ☐ 1 tablespoon brown sugar
- ☐ 3 teaspoons paprika
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon cumin
- ☐ 0.3 teaspoon pepper

- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 12 oz beer canned

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ baking pan
- ☐ roasting pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ spatula
- ☐ tongs
- ☐ can opener

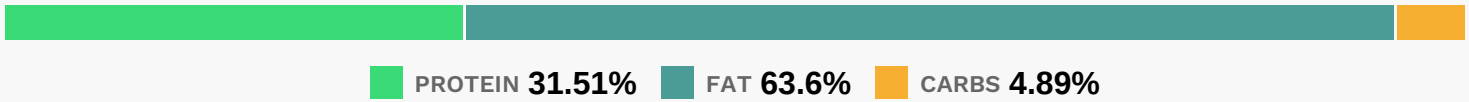
Directions

- ☐ 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 1 1/4 to 1 1/2 hours or until chicken juices run clear and thermometer inserted in thickest part of thigh registers 180°F.
- ☐ 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.

☐

Let chicken stand 5 minutes before carving.

Nutrition Facts



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: 0.69mg 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, 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: 3385.37IU (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%)