



Grilled Beer Chicken



Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 cup butter



3 pound meat from a rotisserie chicken split



2 tablespoons garlic powder



4 servings ground pepper black to taste



1 tablespoon seasoned pepper



1 pinch lawry's seasoned salt

Equipment



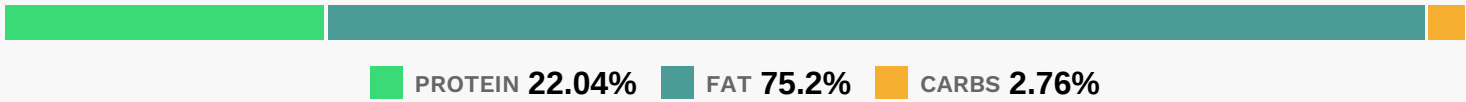
bowl

- ☐ ladle
- ☐ grill
- ☐ microwave

Directions

- ☐ Preheat grill for high heat.
- ☐ In a microwave-safe bowl, combine the beer, butter, 1 tablespoon garlic powder and seasoned pepper.
- ☐ Heat in the microwave for 2 minutes, or until butter is melted and mixture is hot. Set aside.
- ☐ Season chicken generously with the garlic powder, ground black pepper and seasoned salt to taste.
- ☐ Brush the grilling surface with oil.
- ☐ Place chicken onto the grill bone side down. Close the lid, and cook for about 45 minutes, or until the chicken skin is starting to blister.
- ☐ Turn the chicken over, so it is bone side up. They will be black and charred, but the chicken meat will be fine. Pierce the membrane of the bone with a fork, and ladle some of the beer mixture into the 'cup' formed by the bones. Throw a teaspoon or so of garlic powder on the coals, close the lid, and seal the vents.
- ☐ Repeat ladling the beer mixture into the chicken, and throwing garlic powder onto the coals every 5 minutes, until the mixture is gone. The chicken should be tender and juices should run clear.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:13.4973913483%

Nutrients (% of daily need)

Calories: 571.79kcal (28.59%), Fat: 47.69g (73.36%), Saturated Fat: 21.65g (135.34%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 3.18g (1.16%), Sugar: 0.12g (0.14%), Cholesterol: 183.48mg (61.16%), Sodium: 309.17mg (13.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.44g (62.88%), Vitamin B3: 11.17mg (55.84%), Selenium: 24.83µg (35.47%), Vitamin B6: 0.64mg (32.16%), Phosphorus: 265.94mg (26.59%), Vitamin A: 946.45IU (18.93%),

Vitamin B5: 1.57mg (15.69%), Zinc: 2.3mg (15.36%), Manganese: 0.27mg (13.71%), Vitamin B2: 0.21mg (12.6%), Potassium: 384.42mg (10.98%), Iron: 1.86mg (10.32%), Magnesium: 39.04mg (9.76%), Vitamin B12: 0.55µg (9.24%), Vitamin E: 1.19mg (7.94%), Vitamin B1: 0.12mg (7.9%), Vitamin K: 7.07µg (6.73%), Copper: 0.12mg (6.05%), Calcium: 35.03mg (3.5%), Vitamin C: 2.66mg (3.23%), Folate: 12.8µg (3.2%), Fiber: 0.76g (3.06%), Vitamin D: 0.33µg (2.18%)