



Grilled Herb Chicken on a Can



Gluten Free



Dairy Free

READY IN



115 min.

SERVINGS



6

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon paprika
- ☐ 2 teaspoons salt
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 teaspoon pepper
- ☐ 4 lb chicken whole
- ☐ 12 oz beer canned

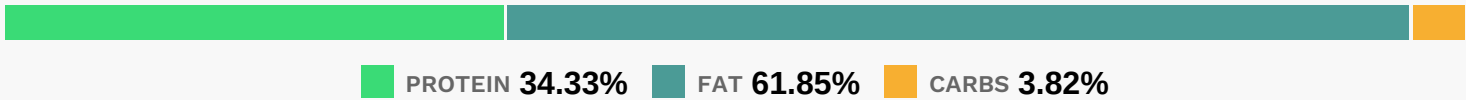
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ spatula
- ☐ tongs

Directions

- ☐ If using charcoal grill, place drip pan directly under grilling area, and arrange coals around edge of firebox.
- ☐ Heat coals or gas grill for indirect heat. In small bowl, mix paprika, salt, garlic powder, onion powder and pepper.
- ☐ Fold wings of chicken across back with tips touching.
- ☐ Sprinkle paprika mixture inside cavity and over outside of chicken; rub with fingers.
- ☐ Pour 1/2 cup of beer from can. Hold chicken upright, with opening of body cavity down; insert beer can into cavity. Insert barbecue meat thermometer so tip is in thickest part of inside thigh muscle and does not touch bone.
- ☐ Cover and grill chicken upright over drip pan or over unheated side of gas grill over medium heat 1 hour 15 minutes to 1 hour 30 minutes or until thermometer reads 180°F and juice is no longer pink when center of thigh is cut.
- ☐ Using tongs, carefully lift chicken and place in 13x9-inch pan, holding large metal spatula under beer can for support.
- ☐ Let stand 15 minutes before carving.
- ☐ Remove beer can; discard.

Nutrition Facts



Properties

Glycemic Index:15.42, Glycemic Load:0.88, Inflammation Score:-6, Nutrition Score:11.194782578427%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 341.56kcal (17.08%), Fat: 22.02g (33.88%), Saturated Fat: 6.28g (39.28%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.57g (0.93%), Sugar: 0.14g (0.15%), Cholesterol: 108.86mg (36.29%), Sodium: 880.13mg (38.27%), Alcohol: 2.21g (100%), Alcohol %: 1.36% (100%), Protein: 27.5g (55%), Vitamin B3: 10.28mg (51.42%), Selenium: 21.41µg (30.58%), Vitamin B6: 0.56mg (28.25%), Phosphorus: 226.81mg (22.68%), Vitamin A: 778.75IU (15.58%), Vitamin B5: 1.38mg (13.79%), Zinc: 1.98mg (13.17%), Vitamin B2: 0.2mg (11.97%), Potassium: 323.24mg (9.24%), Iron: 1.61mg (8.93%), Magnesium: 35.19mg (8.8%), Vitamin B12: 0.46µg (7.69%), Vitamin B1: 0.1mg (6.39%), Vitamin E: 0.78mg (5.19%), Copper: 0.09mg (4.3%), Manganese: 0.08mg (3.93%), Folate: 12.94µg (3.23%), Vitamin K: 3.39µg (3.23%), Vitamin C: 2.37mg (2.88%), Calcium: 22.96mg (2.3%), Fiber: 0.5g (1.99%), Vitamin D: 0.29µg (1.94%)