



 **55%**  
HEALTH SCORE

## Orange Grilled Beer-Can Chickens

 **Gluten Free**  **Dairy Free**

READY IN



**115 min.**

SERVINGS



**4**

CALORIES



**1554 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 oz beer canned
- 8 lb roasting chickens dried whole washed
- 4 cloves garlic
- 4 teaspoons olive oil
- 2 cranberry-orange relish cut into quarters cut in half and 1 half
- 4 tablespoons lawry's seasoned salt dry

### Equipment

- grill

kitchen thermometer

## Directions

- Heat gas or charcoal grill for indirect grilling. Rub chickens with oil.
- Sprinkle seasoned salt over each chicken and inside cavities.
- Discard half of beer in each can, leaving remaining half in each can.
- Place 2 garlic cloves in each can.
- Place each chicken over top of beer can by holding chicken up and pressing can into cavity.
- Place 1 quarter of orange in top cavity of each chicken. Insert ovenproof meat thermometer in each chicken so tip of thermometer is in thickest part of inside thigh muscle and does not touch bone.
- Balance chickens on beer cans; place on grill over indirect medium heat. Cover grill; cook about 1 hour 30 minutes or until thermometers read at least 165F and legs move easily when lifted or twisted.
- Place orange halves and remaining quarters, flesh side down, directly on grill; cover and cook 3 to 5 minutes.
- Remove chickens and oranges from grill; let chickens rest on beer cans 10 to 15 minutes before attempting to remove cans and carve chickens. Before serving, squeeze 2 of the orange halves over tops of chickens; serve others on the side.

## Nutrition Facts



## Properties

Glycemic Index:28.25, Glycemic Load:5.34, Inflammation Score:-10, Nutrition Score:49.243477914644%

## Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

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## Nutrients (% of daily need)

Calories: 1554.34kcal (77.72%), Fat: 106.48g (163.81%), Saturated Fat: 29.77g (186.06%), Carbohydrates: 15.36g (5.12%), Net Carbohydrates: 13.72g (4.99%), Sugar: 6.15g (6.84%), Cholesterol: 569.53mg (189.84%), Sodium: 7440.78mg (323.51%), Alcohol: 6.63g (100%), Alcohol %: 0.91% (100%), Protein: 114.77g (229.53%), Vitamin B3: 43.64mg (218.2%), Vitamin A: 5730.37IU (114.61%), Vitamin B6: 2.27mg (113.7%), Phosphorus: 1130.28mg (113.03%), Selenium: 78.61µg (112.3%), Vitamin B12: 6.59µg (109.84%), Vitamin B2: 1.2mg (70.85%), Vitamin B5: 7mg (70%), Vitamin C: 51.68mg (62.64%), Zinc: 8.59mg (57.28%), Iron: 9.31mg (51.69%), Folate: 202.13µg (50.53%), Potassium: 1475.99mg (42.17%), Magnesium: 143.51mg (35.88%), Vitamin B1: 0.46mg (30.81%), Copper: 0.45mg (22.48%), Manganese: 0.28mg (13.85%), Calcium: 109.02mg (10.9%), Fiber: 1.63g (6.54%), Vitamin E: 0.7mg (4.64%), Vitamin K: 2.46µg (2.34%)