



Oven Barbecue Beer-Can Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



759 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons barbecue seasoning smoked (such as Hickory Liquid Smoke)
- ☐ 12 ounce beer canned
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon chili powder
- ☐ 3 tablespoons chili sauce
- ☐ 1 teaspoon cider vinegar
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons catsup

- ☐ 3.8 pound roasting chickens whole
- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons worcestershire sauce

Equipment

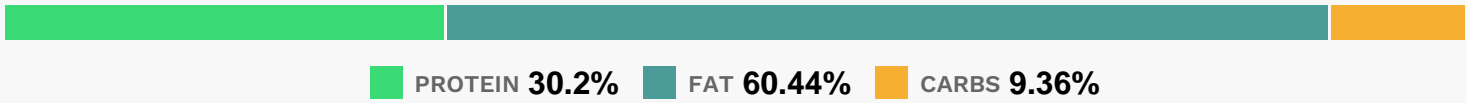
- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ spatula
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Preheat oven to 37
- ☐ Remove and discard giblets and neck from chicken; trim excess fat. Starting at neck cavity, loosen skin from breasts and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Combine ketchup and next 7 ingredients (through garlic) in a bowl. Reserve 1/4 cup ketchup mixture; rub remaining ketchup mixture under loosened skin and over breasts and drumsticks. Lift wing tips up and over back; tuck under chicken.
- ☐ Discard 1/2 cup beer.
- ☐ Add barbecue smoked seasoning to can. Holding chicken upright with the body cavity facing down, insert beer can into cavity.
- ☐ Place the chicken in a roasting pan, and spread legs out to form a tripod to support the chicken.
- ☐ Bake at 375 for 40 minutes.
- ☐ Increase oven temperature to 450, and bake an additional 30 minutes or until a thermometer inserted in the meaty part of thigh registers 17
- ☐ Lift chicken slightly using tongs; place spatula under can. Carefully lift chicken and can; place on a cutting board.

- ☐ Let stand 15 minutes. Gently lift chicken using tongs or insulated rubber gloves; carefully twist can and remove from cavity.
- ☐ Remove skin from chicken; discard. Carve chicken, and serve with reserved 1/4 cup sauce.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:1.31, Inflammation Score:-10, Nutrition Score:35.198695514513%

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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 758.95kcal (37.95%), Fat: 48.95g (75.31%), Saturated Fat: 14.08g (87.98%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 15.27g (5.55%), Sugar: 4.58g (5.09%), Cholesterol: 266.97mg (88.99%), Sodium: 593.46mg (25.8%), Alcohol: 3.32g (100%), Alcohol %: 0.97% (100%), Protein: 55.03g (110.07%), Vitamin B3: 21.14mg (105.72%), Vitamin K: 91.02µg (86.68%), Vitamin A: 3194.38IU (63.89%), Vitamin B6: 1.23mg (61.74%), Phosphorus: 556.6mg (55.66%), Selenium: 37.75µg (53.93%), Vitamin B12: 3.09µg (51.5%), Iron: 8.59mg (47.71%), Manganese: 0.9mg (45.12%), Vitamin B2: 0.61mg (35.85%), Vitamin B5: 3.21mg (32.14%), Zinc: 4.41mg (29.37%), Folate: 103.57µg (25.89%), Potassium: 819.84mg (23.42%), Magnesium: 93.34mg (23.33%), Copper: 0.32mg (16.16%), Calcium: 155.74mg (15.57%), Vitamin B1: 0.23mg (15.54%), Vitamin C: 11.67mg (14.15%), Fiber: 1.78g (7.11%), Vitamin E: 0.72mg (4.81%)