



WHATSheATE



Root Beer-Can Chicken



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon brown sugar
- ☐ 0.5 teaspoon chili powder
- ☐ 2 teaspoons apple cider vinegar
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1.5 teaspoons paprika sweet
- ☐ 0.8 teaspoon kosher salt divided

- ☐ 0.5 teaspoon onion powder
- ☐ 24 ounce root beer divided canned
- ☐ 2 tablespoons butter unsalted chilled cut into pieces
- ☐ 3.5 pound chicken whole

Equipment

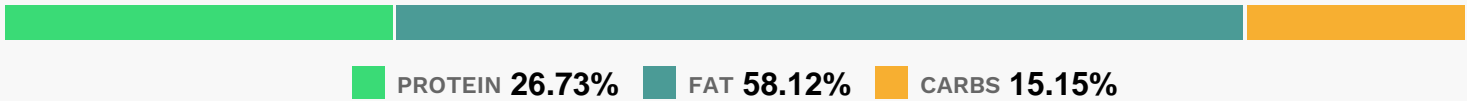
- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ spatula
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Prepare grill for indirect grilling, heating one side to medium.
- ☐ Combine first 7 ingredients and 1/2 teaspoon salt in a small bowl.
- ☐ Open both root beer cans; pour 18 ounces into a small saucepan. Set remaining root beer aside (in the can). Bring 18 ounces root beer to a boil. Cook until reduced to 1/3 cup (about 20 minutes).
- ☐ Remove from heat.
- ☐ Add remaining 1/4 teaspoon salt, butter, and vinegar, stirring until smooth.
- ☐ Rub paprika mixture evenly over chicken. Holding chicken upright with the cavity facing down, insert reserved opened root beer can into cavity.
- ☐ Place chicken on unheated side of grill.
- ☐ Spread legs out to form a tripod to support the chicken. Cover and grill for 1 hour and 30 minutes or until a meat thermometer inserted into meaty portion of thigh registers 160, basting chicken every 20 minutes with sauce.
- ☐ Lift chicken slightly using tongs; place spatula under can. Carefully remove chicken and can from grill; place on a cutting board.

Let stand 10 minutes. Gently lift chicken using tongs or insulated rubber gloves; carefully twist can and remove from cavity. Discard can. Carve chicken.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:14.348695703175%

Nutrients (% of daily need)

Calories: 539.89kcal (26.99%), Fat: 34.56g (53.17%), Saturated Fat: 11.84g (74.01%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 19.75g (7.18%), Sugar: 19.16g (21.29%), Cholesterol: 157.93mg (52.64%), Sodium: 597.86mg (25.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.76g (71.52%), Vitamin B3: 13.09mg (65.47%), Selenium: 27.94µg (39.91%), Vitamin B6: 0.7mg (35.15%), Phosphorus: 288.3mg (28.83%), Vitamin A: 989.87IU (19.8%), Zinc: 2.7mg (17.97%), Vitamin B5: 1.77mg (17.68%), Vitamin B2: 0.25mg (14.45%), Iron: 2.08mg (11.54%), Potassium: 401.94mg (11.48%), Magnesium: 43mg (10.75%), Vitamin B12: 0.6µg (10.04%), Vitamin B1: 0.12mg (8.1%), Vitamin E: 1.13mg (7.5%), Copper: 0.12mg (5.92%), Manganese: 0.1mg (4.92%), Vitamin K: 4.43µg (4.22%), Vitamin C: 3.36mg (4.07%), Calcium: 37.41mg (3.74%), Vitamin D: 0.49µg (3.24%), Folate: 12.73µg (3.18%), Fiber: 0.52g (2.06%)