



WHATSheATE



Apple BBQ Pulled Chicken Sandwiches with Apple Slaw

READY IN



495 min.

SERVINGS



4

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 batch apple slaw (see below)
- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 apples julienned
- ☐ 1 cup bbq sauce homemade store bought (or)
- ☐ 2 cups cabbage shredded finely
- ☐ 1 carrots julienned
- ☐ 4 slices bacon crumbled cooked
- ☐ 2 teaspoons dijon mustard

- ☐ 1 small clove garlic minced
- ☐ 3 tablespoons greek yogurt
- ☐ 2 green onions sliced
- ☐ 2 teaspoons maple syrup
- ☐ 1 onion sliced
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound chicken thighs boneless skinless
- ☐ 4 buns

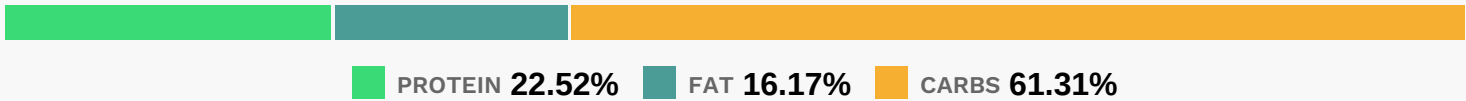
Equipment

- ☐ slow cooker

Directions

- ☐ Place the chicken, apples, onion, bacon and BBQ sauce in a slow cooker and cook on low for 6–8 hours.Shred the chicken with 2 forks.Load the shredded chicken into the buns, top with the slaw and enjoy!
- ☐ Mix the apples, cabbage, carrot and green onions and toss in the mixture of the yogurt, cider vinegar, maple syrup, dijon mustard, garlic, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:106.33, Glycemic Load:30.56, Inflammation Score:-9, Nutrition Score:25.05913050084%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.84mg, Quercetin: 11.84mg, Quercetin: 11.84mg, Quercetin: 11.84mg

Nutrients (% of daily need)

Calories: 588.04kcal (29.4%), Fat: 10.59g (16.3%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 90.38g (30.13%), Net Carbohydrates: 83.35g (30.31%), Sugar: 47.95g (53.28%), Cholesterol: 116.21mg (38.74%), Sodium: 1510.7mg (65.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.2g (66.41%), Iron: 12.69mg (70.51%), Vitamin A: 2908.67IU (58.17%), Selenium: 32.99µg (47.12%), Vitamin K: 48.77µg (46.45%), Vitamin B3: 8.07mg (40.33%), Vitamin B6: 0.78mg (38.82%), Phosphorus: 316.79mg (31.68%), Vitamin C: 23.82mg (28.88%), Fiber: 7.03g (28.13%), Vitamin B2: 0.41mg (24.02%), Potassium: 830.7mg (23.73%), Manganese: 0.4mg (20.22%), Vitamin B5: 1.85mg (18.54%), Vitamin B1: 0.24mg (16.33%), Zinc: 2.43mg (16.18%), Vitamin B12: 0.89µg (14.86%), Magnesium: 58.4mg (14.6%), Calcium: 98.82mg (9.88%), Copper: 0.2mg (9.81%), Folate: 38.06µg (9.51%), Vitamin E: 1.26mg (8.38%)