



Asian Chicken Sliders

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon five-spice seasoning
- 1 cup musselman's® apple butter
- 8 small dinner rolls
- 2 cloves garlic smashed
- 8 servings green onions chopped
- 1 tablespoon honey
- 2 tablespoons soya sauce low sodium
- 0.3 small onion minced

- 8 servings jalapeño peppers
- 1 pound chicken breasts boneless skinless

Equipment

- wooden spoon
- slow cooker

Directions

- Combine first six ingredients (through the five-spice seasoning) in your slow cooker.
- Mix well.
- Add the chicken breasts, turning so they are coated with the sauce.
- Cover and cook on high for 4 hours. Use the back of a wooden spoon to gently shred the chicken. Stir so that the shredded chicken is evenly coated with the sauce. Set slow cooker to warm and let chicken stand for 15 minutes to soak up the sauce.
- Serve the pulled chicken on rolls. Top with pickled jalapenos and chopped green onions.

Nutrition Facts



Properties

Glycemic Index:18.28, Glycemic Load:1.34, Inflammation Score:-4, Nutrition Score:12.755652137425%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 258.27kcal (12.91%), Fat: 4.34g (6.67%), Saturated Fat: 1g (6.22%), Carbohydrates: 38.3g (12.77%), Net Carbohydrates: 35.74g (13%), Sugar: 15.59g (17.33%), Cholesterol: 36.29mg (12.1%), Sodium: 458.45mg (19.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.46g (32.92%), Selenium: 32.69µg (46.7%), Vitamin B3: 7.8mg (38.98%), Manganese: 0.62mg (31%), Vitamin B6: 0.5mg (24.91%), Phosphorus: 177.99mg (17.8%), Vitamin B1: 0.23mg (15.6%), Vitamin K: 16.08µg (15.31%), Iron: 2.15mg (11.94%), Vitamin B2: 0.2mg (11.74%), Fiber: 2.56g (10.25%), Vitamin B5: 1.01mg (10.15%), Calcium: 96.14mg (9.61%), Potassium: 335.33mg (9.58%), Magnesium: 37.03mg

(9.26%), Folate: 35.38µg (8.85%), Copper: 0.12mg (6.12%), Zinc: 0.82mg (5.48%), Vitamin C: 2.54mg (3.07%),
Vitamin E: 0.39mg (2.62%), Vitamin A: 106.94IU (2.14%), Vitamin B12: 0.11µg (1.89%)