



Assemble-Your-Own Barbecue Stacks

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



104 kcal

SIDE DISH

Ingredients

- 0.3 cup barbecue sauce red
- 1 cup barbecue sauce white
- 8 servings barbecue sauce red to taste
- 8 servings barbecue sauce slaw white
- 2 pounds warm barbecued chicken without sauce shredded
- 1 slices toppings: onion cracked pepper red
- 30 plum tomatoes (5 tomatoes)

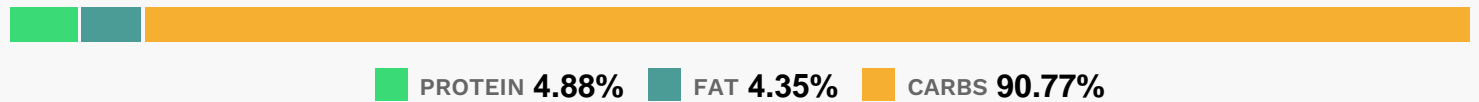
Equipment

frying pan

Directions

- Toss chicken in 1/3 cup red barbecue sauce.
- Spoon barbecued chicken mixture evenly onto Cornbread Griddle Cakes.
- Drizzle each with red barbecue sauce to taste. Top each with 1 tomato slice. Spoon White Barbecue Sauce Slaw onto each tomato slice.
- Serve with White Barbecue Sauce and desired toppings.
- *2 lb. shredded barbecued beef or pork without sauce may be substituted.
- Note: For testing purposes only, we used Stubb's Original Bar-B-Q Sauce.

Nutrition Facts



Properties

Glycemic Index:10.38, Glycemic Load:1.04, Inflammation Score:-6, Nutrition Score:5.2321739378183%

Flavonoids

Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 103.73kcal (5.19%), Fat: 0.52g (0.79%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 24.22g (8.07%), Net Carbohydrates: 22.55g (8.2%), Sugar: 19.15g (21.28%), Cholesterol: 0mg (0%), Sodium: 3993.47mg (173.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin A: 961.01IU (19.22%), Vitamin C: 14.18mg (17.19%), Potassium: 355.45mg (10.16%), Manganese: 0.18mg (8.92%), Vitamin K: 8.89µg (8.47%), Fiber: 1.67g (6.67%), Vitamin E: 0.94mg (6.29%), Vitamin B6: 0.12mg (5.92%), Copper: 0.1mg (4.78%), Vitamin B3: 0.9mg (4.5%), Magnesium: 17.62mg (4.41%), Folate: 16.22µg (4.05%), Phosphorus: 34.31mg (3.43%), Iron: 0.59mg (3.29%), Vitamin B1: 0.05mg (3.27%), Vitamin B2: 0.05mg (2.77%), Calcium: 26.55mg (2.65%), Vitamin B5: 0.17mg (1.72%), Zinc: 0.26mg (1.71%)