



## Bar Chicks - Blackened Chicken Sliders

READY IN



540 min.

SERVINGS



4

CALORIES



1292 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 4 slices processed cheese food cut into 4 strips
- ☐ 1 tablespoon butter
- ☐ 2 teaspoons cayenne pepper
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 clove garlic
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon chipotle chili powder
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon ground pepper white

- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 teaspoon juice of lime
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion cut into thin rings
- ☐ 2 teaspoons onion powder
- ☐ 1 teaspoon ground oregano
- ☐ 1 tablespoon salt
- ☐ 4 chicken breast halves boneless skinless cut into 4 pieces
- ☐ 2 tablespoons soya sauce
- ☐ 16 small rolls split toasted
- ☐ 2 teaspoons sugar white
- ☐ 2 cups white wine
- ☐ 1 tablespoon worcestershire sauce

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

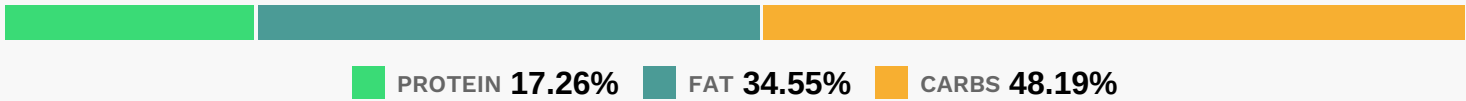
## Directions

- ☐ Mix white wine, soy sauce, 1 tablespoon lime juice, and Worcestershire sauce together in a resealable bag; add chicken and seal bag. Marinate chicken in the refrigerator for 8 to 24 hours.
- ☐ Mix 1 tablespoon salt, onion powder, sugar, 1 teaspoon ground black pepper, white pepper, cayenne pepper, garlic powder, and oregano together in a bowl for the blackened seasoning; transfer to a shaker or an air-tight container.
- ☐ Place mayonnaise, chives, garlic, 1 teaspoon lime juice, ground chipotle pepper, salt, and black pepper in a food processor; pulse together until chives are minced and aioli is smooth and

evenly mixed.

- ☐ Transfer to an air-tight container and store in the refrigerator.
- ☐ Heat 1 tablespoon olive oil and 1 tablespoon butter together in a skillet over medium heat; cook and stir onion until softened and translucent, about 5 minutes. Reduce heat to medium-low, and continue cooking and stirring until onion is very tender and dark brown, about 30 minutes more.
- ☐ Remove from heat.
- ☐ Remove chicken from marinade and pat dry with paper towels. Spray chicken pieces with cooking spray and sprinkle all sides with blackened seasoning.
- ☐ Heat 1 tablespoon butter and 1 tablespoon olive oil in a skillet; cook chicken until no longer pink in the center and the juices run clear, about 5 minutes per side.
- ☐ Assemble sliders by layering a piece of chicken, a strip of Cheddar cheese, and a spoonful of caramelized onion onto the bottom of each bun.
- ☐ Place a dollop of aioli on the top portion of bun before placing atop onion layer, forming a sandwich.

## Nutrition Facts



## Properties

Glycemic Index:127.02, Glycemic Load:95.11, Inflammation Score:-9, Nutrition Score:26.226521958476%

## Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

## Nutrients (% of daily need)

Calories: 1291.64kcal (64.58%), Fat: 46.03g (70.81%), Saturated Fat: 10.07g (62.95%), Carbohydrates: 144.43g (48.14%), Net Carbohydrates: 138.34g (50.31%), Sugar: 23.55g (26.17%), Cholesterol: 112.61mg (37.53%), Sodium: 4168.09mg (181.22%), Alcohol: 12.36g (100%), Alcohol %: 2.46% (100%), Protein: 51.74g (103.48%), Iron: 44.63mg (247.94%), Vitamin B3: 12.53mg (62.65%), Selenium: 42.14µg (60.2%), Vitamin K: 56.26µg (53.58%), Vitamin B6: 1.05mg (52.53%), Phosphorus: 439.69mg (43.97%), Calcium: 301.58mg (30.16%), Fiber: 6.08g (24.33%), Manganese: 0.45mg (22.45%), Potassium: 710.87mg (20.31%), Vitamin B5: 1.92mg (19.17%), Vitamin A: 877.47IU (17.55%), Vitamin E: 2.4mg (16.01%), Magnesium: 62.17mg (15.54%), Vitamin B2: 0.24mg (13.88%), Zinc: 1.62mg (10.81%), Vitamin B12: 0.58µg (9.68%), Vitamin B1: 0.13mg (8.38%), Vitamin C: 6.85mg (8.31%), Copper: 0.12mg (6.13%), Folate: 22.38µg (5.6%), Vitamin D: 0.29µg (1.97%)