



## Barbecue Chicken Sandwiches

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



783 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 oz barbecue sauce ()
- 5 lb rotisserie chickens
- 1 teaspoon chili powder
- 1 head lettuce green
- 0.5 cup pineapple preserves
- 24 slices sandwich bread white

### Equipment

- sauce pan

toothpicks

toaster

## Directions

Remove skin from chicken.

Cut meat from bones and coarsely chop it. In a large saucepan over medium-high heat, combine barbecue sauce, pineapple preserves and chili powder.

Add chicken and cook, stirring, until just simmering and heated through, about 5 minutes.

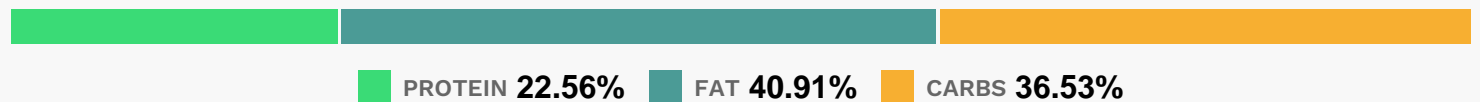
Warm bread in toaster until just lightly toasted.

Remove chicken from heat.

Place 8 slices of bread on a work surface; top each with a lettuce leaf. Spoon some chicken on top. Top with bread and remaining lettuce and chicken. Top with final slice of bread. Secure sandwiches with toothpicks and slice in half.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:16.22, Glycemic Load:34.23, Inflammation Score:-10, Nutrition Score:32.905217046323%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

## Nutrients (% of daily need)

Calories: 782.98kcal (39.15%), Fat: 35.07g (53.96%), Saturated Fat: 9.78g (61.12%), Carbohydrates: 70.49g (23.5%), Net Carbohydrates: 67.48g (24.54%), Sugar: 28.8g (32%), Cholesterol: 177.98mg (59.33%), Sodium: 962.05mg (41.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.51g (87.03%), Vitamin A: 5246.98IU (104.94%), Vitamin B3: 17.33mg (86.65%), Selenium: 42.71µg (61.01%), Vitamin K: 57.88µg (55.12%), Phosphorus: 452.56mg (45.26%), Vitamin B6: 0.81mg (40.66%), Folate: 157.42µg (39.35%), Vitamin B1: 0.55mg (36.51%), Vitamin B2: 0.61mg (36.01%), Iron: 6.16mg (34.23%), Vitamin B12: 2.05µg (34.15%), Manganese: 0.68mg (33.94%), Vitamin B5: 2.65mg (26.47%), Zinc: 3.49mg (23.24%), Calcium: 214.25mg (21.43%), Potassium: 700.57mg (20.02%), Magnesium: 72.17mg (18.04%), Copper: 0.28mg (14.23%), Vitamin C: 11.23mg (13.62%), Fiber: 3.01g (12.05%), Vitamin

E: 0.73mg (4.83%)