



WHATSheATE



Barbecue Chicken Sandwiches



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



787 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cups barbecue sauce



4 hawaiian rolls



5 cups rotisserie chicken cut shredded

Equipment

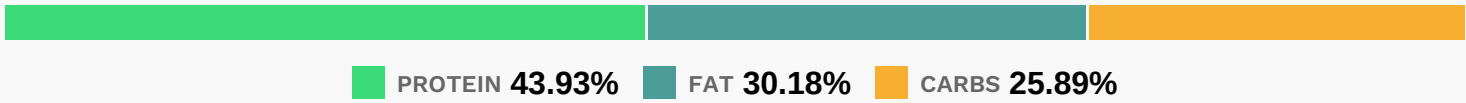


bowl

Directions

- ☐ In a bowl, combine the chicken, barbecue sauce, and jalapeos (if using). Divide the mixture evenly among the bottoms of the buns and sandwich with the tops.
- ☐ Serve with potato chips (if using).

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:12.88, Inflammation Score:1, Nutrition Score:6.5634782728942%

Nutrients (% of daily need)

Calories: 787.1kcal (39.36%), Fat: 26.29g (40.45%), Saturated Fat: 6.81g (42.57%), Carbohydrates: 50.77g (16.92%), Net Carbohydrates: 49.35g (17.94%), Sugar: 26.92g (29.91%), Cholesterol: 283.91mg (94.64%), Sodium: 1975.07mg (85.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 86.11g (172.23%), Selenium: 12.63µg (18.04%), Vitamin B1: 0.25mg (16.66%), Manganese: 0.33mg (16.39%), Vitamin B3: 2.22mg (11.12%), Iron: 1.93mg (10.74%), Folate: 41.85µg (10.46%), Vitamin B2: 0.17mg (9.87%), Calcium: 85.51mg (8.55%), Potassium: 218.34mg (6.24%), Phosphorus: 57.73mg (5.77%), Fiber: 1.42g (5.67%), Copper: 0.1mg (4.92%), Magnesium: 19.18mg (4.8%), Vitamin E: 0.69mg (4.59%), Vitamin B6: 0.08mg (4.04%), Vitamin A: 160.59IU (3.21%), Vitamin K: 3.35µg (3.19%), Zinc: 0.44mg (2.9%), Vitamin B12: 0.09µg (1.43%), Vitamin C: 0.99mg (1.2%), Vitamin B5: 0.12mg (1.17%)