



Barbecue Chicken Sandwiches

 Dairy Free

READY IN



21 min.

SERVINGS



6

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon ancho chile powder
- ☐ 2 tablespoons cider vinegar
- ☐ 3 cups d coleslaw
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 9 ounce hamburger buns toasted
- ☐ 2 tablespoons dijon honey mustard

- ☐ 0.1 teaspoon kosher salt
- ☐ 3 tablespoons canola mayonnaise
- ☐ 0.5 cup no-salt-added ketchup
- ☐ 0.5 teaspoon onion powder
- ☐ 3 cups rotisserie chicken cut shredded boneless skinless
- ☐ 0.8 teaspoon paprika smoked
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons water
- ☐ 0.5 teaspoon worcestershire sauce

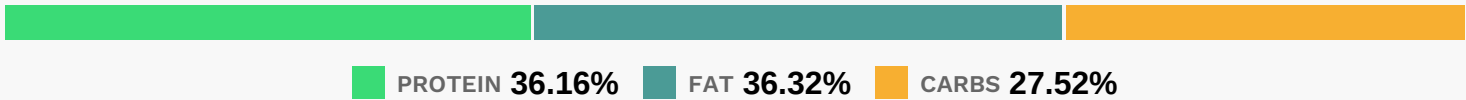
Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 10 ingredients in a saucepan. Bring to a simmer; cook 10 minutes.
- ☐ Combine sauce and chicken.
- ☐ Combine mayonnaise, vinegar, and sugar.
- ☐ Add coleslaw and onions; toss.
- ☐ Place about 1/2 cup chicken mixture on bottom half of each bun. Top each serving with about 1/2 cup coleslaw mixture; top with top half of bun.

Nutrition Facts



Properties

Glycemic Index:53.85, Glycemic Load:13.85, Inflammation Score:-4, Nutrition Score:9.4752175017543%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 424.36kcal (21.22%), Fat: 16.72g (25.72%), Saturated Fat: 3.77g (23.58%), Carbohydrates: 28.51g (9.5%), Net Carbohydrates: 26.48g (9.63%), Sugar: 7.46g (8.28%), Cholesterol: 116.5mg (38.83%), Sodium: 757.66mg (32.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.46g (74.92%), Vitamin K: 52.04µg (49.56%), Vitamin C: 14.53mg (17.61%), Vitamin B1: 0.26mg (17.38%), Selenium: 12.04µg (17.2%), Manganese: 0.33mg (16.58%), Folate: 59.4µg (14.85%), Iron: 1.98mg (11.03%), Vitamin B3: 1.96mg (9.78%), Vitamin B2: 0.15mg (9.02%), Calcium: 84.65mg (8.47%), Fiber: 2.02g (8.1%), Phosphorus: 60.21mg (6.02%), Vitamin A: 294.44IU (5.89%), Vitamin B6: 0.09mg (4.54%), Potassium: 153.97mg (4.4%), Magnesium: 17.34mg (4.33%), Vitamin E: 0.6mg (4.02%), Copper: 0.07mg (3.46%), Zinc: 0.45mg (3.02%), Vitamin B12: 0.09µg (1.56%), Vitamin B5: 0.1mg (1.02%)