



Barbecue Chicken Sandwiches with Creamy Slaw

READY IN



25 min.

SERVINGS



4

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 12 oz broccoli slaw
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon granulated sugar
- ☐ 1.5 cups catsup
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon

- ☐ 1 teaspoon brown sugar light
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 teaspoon onion powder
- ☐ 2 cups chicken shredded cooked
- ☐ 0.3 cup spicy brown mustard
- ☐ 4 slices texas toast croutons
- ☐ 1 tablespoon worcestershire sauce

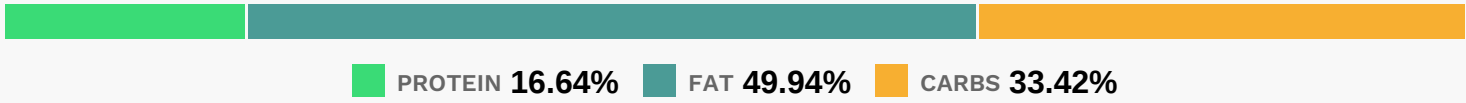
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Prepare slaw: Stir together mayonnaise, lemon juice, and granulated sugar until smooth. Stir in coleslaw mix and parsley.
- ☐ Add salt and pepper to taste. Prepare sauce: Stir together ketchup and next 7 ingredients in a medium saucepan. Cook over medium-low heat, stirring occasionally, 15 minutes or until bubbly. Stir together 1/2 cup barbecue sauce and chicken in a bowl. Spoon mixture over Texas toast slices.
- ☐ Serve with slaw and remaining barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:57.27, Glycemic Load:0.55, Inflammation Score:-8, Nutrition Score:25.51260863698%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

0.08mg, Kaempferol: 0.08mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg
Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 586.41kcal (29.32%), Fat: 33.55g (51.62%), Saturated Fat: 6.65g (41.56%), Carbohydrates: 50.52g (16.84%), Net Carbohydrates: 48.33g (17.57%), Sugar: 23.62g (26.25%), Cholesterol: 64.26mg (21.42%), Sodium: 1654.66mg (71.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.16g (50.32%), Vitamin K: 130.63µg (124.41%), Vitamin C: 91.73mg (111.19%), Iron: 8.8mg (48.9%), Selenium: 26.51µg (37.87%), Vitamin B3: 7.54mg (37.69%), Vitamin B6: 0.59mg (29.6%), Vitamin A: 1284.63IU (25.69%), Phosphorus: 245.07mg (24.51%), Potassium: 795.16mg (22.72%), Vitamin B2: 0.38mg (22.41%), Folate: 83.51µg (20.88%), Manganese: 0.39mg (19.42%), Vitamin E: 2.34mg (15.58%), Magnesium: 59.54mg (14.89%), Vitamin B5: 1.3mg (13.03%), Zinc: 1.79mg (11.91%), Vitamin B1: 0.15mg (10.12%), Copper: 0.19mg (9.62%), Calcium: 88.88mg (8.89%), Fiber: 2.19g (8.75%), Vitamin B12: 0.24µg (3.94%)