



Barbecue Chicken Sliders with Pickled Onions

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon butter
- ☐ 3 tablespoons dijon mustard
- ☐ 1.5 ounce pull-apart dinner rolls (such as Sara Lee)
- ☐ 1.5 tablespoons honey divided
- ☐ 0.3 cup onion red thinly sliced
- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons sherry vinegar divided
- ☐ 1.5 pounds chicken thighs boneless skinless trimmed

☐ 2 tablespoons water

Equipment

☐ bowl

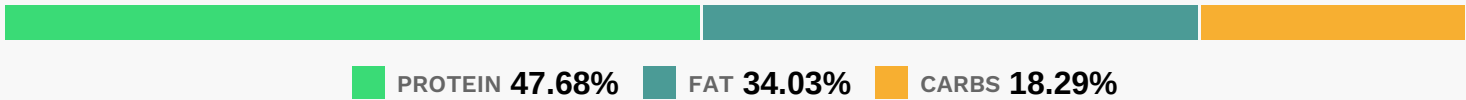
☐ sauce pan

☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine sliced onion, 1 tablespoon vinegar, and 1 1/2 teaspoons honey in a small bowl; toss well. Cover and refrigerate onion mixture at least 30 minutes.
- ☐ Combine remaining 2 tablespoons vinegar, remaining 1 tablespoon honey, 2 tablespoons water, mustard, and 1/4 teaspoon pepper in a small saucepan over medium-low heat. Bring to a simmer (do not boil). Simmer 5 minutes; stir in butter.
- ☐ Remove from heat; keep warm.
- ☐ Sprinkle chicken with remaining 1/2 teaspoon pepper and salt.
- ☐ Place on a grill rack coated with cooking spray; grill 4 minutes on each side or until done.
- ☐ Remove chicken from grill; cool slightly. Shred chicken into bite-sized pieces.
- ☐ Add chicken to saucepan with mustard mixture, and toss gently to coat.
- ☐ Cut rolls in half crosswise.
- ☐ Place rolls, cut sides down, on grill; grill 1 minute or until toasted. Spoon about 1/3 cup chicken mixture over bottom half of each roll. Top each roll with about 1 teaspoon drained onion slices and top half of roll.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.32, Glycemic Load:3.67, Inflammation Score:-3, Nutrition Score:15.956521557725%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 294.41kcal (14.72%), Fat: 10.9g (16.77%), Saturated Fat: 3.75g (23.43%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 12.01g (4.37%), Sugar: 7.23g (8.03%), Cholesterol: 169.12mg (56.37%), Sodium: 428.08mg (18.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.36g (68.72%), Selenium: 45.94µg (65.63%), Vitamin B3: 10.02mg (50.11%), Vitamin B6: 0.79mg (39.39%), Phosphorus: 346.84mg (34.68%), Vitamin B5: 2.14mg (21.4%), Vitamin B2: 0.35mg (20.3%), Zinc: 2.8mg (18.66%), Vitamin B12: 1.09µg (18.24%), Vitamin B1: 0.23mg (15.04%), Potassium: 474.76mg (13.56%), Manganese: 0.26mg (12.76%), Magnesium: 50.75mg (12.69%), Iron: 2.06mg (11.44%), Copper: 0.13mg (6.68%), Vitamin K: 6.29µg (5.99%), Calcium: 47.33mg (4.73%), Fiber: 1.17g (4.67%), Folate: 16.2µg (4.05%), Vitamin E: 0.47mg (3.14%), Vitamin A: 138.53IU (2.77%), Vitamin C: 0.88mg (1.07%)