



Barbecue Pulled Chicken Sliders

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups rotisserie chicken breast shredded boneless skinless
- ☐ 1 teaspoon chili powder
- ☐ 1 tablespoon cider vinegar
- ☐ 1 tablespoon brown sugar dark
- ☐ 8 bread-and-butter pickle chips
- ☐ 0.5 teaspoon mustard dry
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.1 teaspoon ground allspice

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup no-salt-added ketchup
- ☐ 0.5 teaspoon onion powder
- ☐ 1.3 ounce sliders buns mini (such as Pepperidge Farm)
- ☐ 0.5 teaspoon paprika smoked

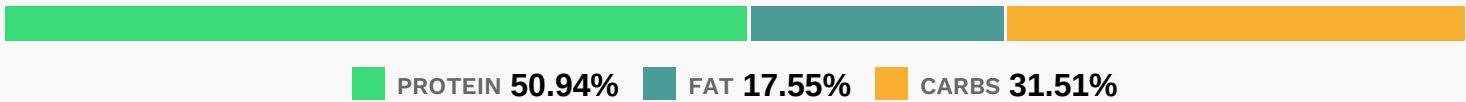
Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 10 ingredients in a small saucepan over medium heat. Bring to a simmer; cook 3 minutes or until slightly thick, stirring occasionally.
- ☐ Add chicken to ketchup mixture; stir to combine. Cook 2 minutes or until chicken is thoroughly heated.
- ☐ Spoon 3 tablespoons chicken mixture on bottom half of each bun; top each with 1 pickle chip and top half of bun.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:8.5491304760394%

Nutrients (% of daily need)

Calories: 147.73kcal (7.39%), Fat: 2.6g (3.99%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 9.61g (3.5%), Sugar: 5.74g (6.38%), Cholesterol: 48mg (16%), Sodium: 210.73mg (9.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.95g (33.9%), Vitamin B3: 7.95mg (39.77%), Selenium: 24.82µg (35.45%), Vitamin B6: 0.59mg (29.69%), Phosphorus: 168.19mg (16.82%), Vitamin B5: 1.1mg (10.97%), Potassium: 329.26mg (9.41%), Vitamin A: 323.1IU (6.46%), Magnesium: 24.62mg (6.16%), Vitamin B2: 0.09mg (5.47%), Iron: 0.93mg (5.19%), Vitamin B1: 0.06mg (4.2%), Zinc: 0.53mg (3.56%), Fiber: 0.87g (3.5%), Manganese: 0.06mg (3.24%), Vitamin K: 3.27µg (3.11%), Vitamin E: 0.45mg (2.98%), Calcium: 27.4mg (2.74%), Vitamin B12: 0.15µg (2.5%), Copper: 0.04mg (2%), Vitamin C: 1.32mg (1.61%), Folate: 5.2µg (1.3%)