



BBQ Chicken Sandwiches

 Dairy Free

READY IN



255 min.

SERVINGS



12

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons brown sugar
- ☐ 8 pound chickens whole
- ☐ 3 cups coleslaw prepared
- ☐ 5 tablespoons garlic minced
- ☐ 12 hamburger buns
- ☐ 5 tablespoons honey
- ☐ 1.5 cups catsup
- ☐ 4 tablespoons juice of lemon

- ☐ 3 tablespoons liquid smoke flavoring
- ☐ 0.8 cup mustard prepared
- ☐ 12 servings salt and pepper to taste
- ☐ 0.3 cup steak sauce

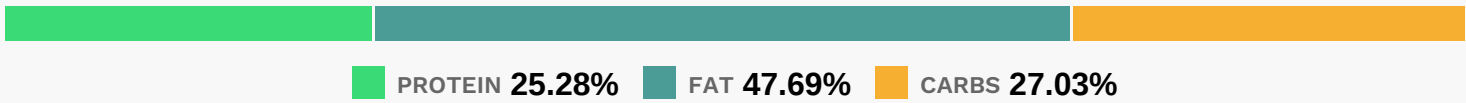
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Place chicken in a large pot with enough water to cover. Bring to a boil, and cook until chicken comes off the bone easily, about 3 hours. Make sauce while the chicken cooks.
- ☐ In a saucepan over medium heat, mix together the ketchup, mustard, brown sugar, garlic, honey, steak sauce, lemon juice, and liquid smoke. Season with salt and pepper. Bring to a gentle boil, and simmer for about 10 minutes. Set aside to allow flavors to mingle.
- ☐ When the chicken is done, remove all meat from the bones, and chop or shred into small pieces.
- ☐ Place in a pan with the sauce, and cook for about 15 minutes to let the flavor of the sauce soak into the chicken. Spoon barbequed chicken onto buns, and top with coleslaw if you like.

Nutrition Facts



Properties

Glycemic Index:18.36, Glycemic Load:17.25, Inflammation Score:-9, Nutrition Score:26.582174238951%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg
Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 690.67kcal (34.53%), Fat: 36.42g (56.03%), Saturated Fat: 10.15g (63.45%), Carbohydrates: 46.45g (15.48%), Net Carbohydrates: 44.3g (16.11%), Sugar: 22.98g (25.53%), Cholesterol: 189.84mg (63.28%), Sodium: 1096.78mg (47.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.45g (86.9%), Vitamin B3: 16.63mg (83.16%), Selenium: 43.5µg (62.15%), Phosphorus: 444.49mg (44.45%), Vitamin B6: 0.87mg (43.31%), Vitamin A: 2058.54IU (41.17%), Vitamin B12: 2.27µg (37.86%), Vitamin B2: 0.58mg (34.27%), Iron: 5.14mg (28.53%), Vitamin B1: 0.42mg (27.78%), Folate: 110.85µg (27.71%), Manganese: 0.5mg (24.78%), Vitamin B5: 2.39mg (23.86%), Zinc: 3.4mg (22.67%), Vitamin C: 16.91mg (20.49%), Potassium: 667.62mg (19.07%), Magnesium: 67.9mg (16.98%), Vitamin K: 16.66µg (15.87%), Copper: 0.25mg (12.27%), Calcium: 117.36mg (11.74%), Fiber: 2.15g (8.59%), Vitamin E: 0.7mg (4.68%)