



BBQ Chicken Sandwiches

READY IN



35 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon agave syrup
- ☐ 0.5 cup barbecue sauce jarred
- ☐ 4 ciabatta rolls toasted
- ☐ 1.5 tablespoons cider vinegar
- ☐ 6 ounces cabbage-and-carrot coleslaw mix
- ☐ 6 garlic cloves halved
- ☐ 2 teaspoons olive oil
- ☐ 1.8 pounds onion sliced (3)
- ☐ 0.3 teaspoon pepper

- ☐ 1 pound chicken thighs boneless skinless (4 thighs)
- ☐ 2 tablespoons cup heavy whipping cream light sour

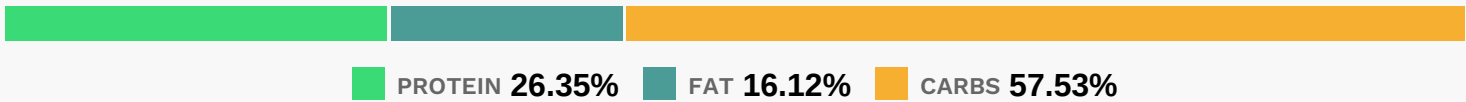
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ glass baking pan

Directions

- ☐ Preheat broiler.
- ☐ Place onion and garlic on a foil-lined baking sheet; toss with oil. Broil 5 minutes, 6 inches from heat, until onion is golden, stirring often.
- ☐ Preheat oven to 42
- ☐ Transfer onion mixture to a square glass baking dish; top with chicken.
- ☐ Pour barbecue sauce over chicken; cover tightly with foil.
- ☐ Bake, in middle of oven, until chicken is cooked through (about 20 minutes).
- ☐ Combine sour cream, vinegar, and honey; whisk well. Toss with coleslaw mix and pepper.
- ☐ Shred chicken with a fork; top bottoms of rolls with chicken, onion, sauce mixture, and coleslaw.
- ☐ Place roll tops on sandwiches.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:5.45, Inflammation Score:-8, Nutrition Score:19.294347693739%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 9.94mg, Isorhamnetin: 9.94mg, Isorhamnetin: 9.94mg, Isorhamnetin: 9.94mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 40.48mg, Quercetin: 40.48mg, Quercetin: 40.48mg, Quercetin: 40.48mg

Nutrients (% of daily need)

Calories: 456.47kcal (22.82%), Fat: 8.19g (12.6%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 65.81g (21.94%), Net Carbohydrates: 60.3g (21.93%), Sugar: 23.43g (26.03%), Cholesterol: 109.83mg (36.61%), Sodium: 765.33mg (33.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.13g (60.26%), Vitamin B6: 0.89mg (44.28%), Selenium: 28.09µg (40.13%), Vitamin C: 32.35mg (39.21%), Vitamin K: 39.12µg (37.26%), Vitamin B3: 6.93mg (34.65%), Phosphorus: 299.63mg (29.96%), Manganese: 0.49mg (24.63%), Fiber: 5.51g (22.02%), Potassium: 759.44mg (21.7%), Vitamin B2: 0.31mg (18.11%), Vitamin B5: 1.78mg (17.82%), Vitamin B1: 0.24mg (16.14%), Folate: 62.81µg (15.7%), Zinc: 2.28mg (15.23%), Magnesium: 57.92mg (14.48%), Vitamin B12: 0.75µg (12.52%), Iron: 1.87mg (10.39%), Calcium: 102.25mg (10.23%), Copper: 0.19mg (9.57%), Vitamin E: 0.93mg (6.19%), Vitamin A: 173.71IU (3.47%)