



BBQ Chicken Sandwiches with Napa Slaw

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup chives minced
- ☐ 1 tablespoon cider vinegar
- ☐ 2 tablespoons cider vinegar
- ☐ 4 hamburger buns split
- ☐ 0.5 cup catsup
- ☐ 0.3 cup mayonnaise
- ☐ 1 medium head napa cabbage thinly sliced quartered
- ☐ 0.5 medium onion finely chopped

- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 large chicken breast halves boneless skinless trimmed
- ☐ 1 teaspoon soya sauce
- ☐ 2 teaspoons sugar
- ☐ 0.3 cup unsulphured molasses
- ☐ 1 teaspoon worcestershire sauce
- ☐ 0.3 cup mustard yellow

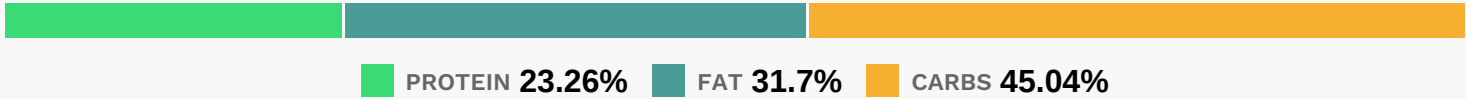
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ broiler

Directions

- ☐ In a large bowl, whisk together the ketchup, molasses, mustard, vinegar, Worcestershire sauce and soy sauce. Reserve 1/2 cup of the sauce for serving; add the chicken breasts to the remaining sauce in the bowl and turn to coat. Set aside.
- ☐ Make the slaw: In a large bowl, stir together the mayonnaise, vinegar and sugar.
- ☐ Add the onion and chives, then add the cabbage and toss well. Season generously with salt and pepper and toss.
- ☐ Light a grill or preheat the broiler. Grill or broil the chicken for about 10 minutes, turning once, until nicely charred and cooked through.
- ☐ Slice the chicken crosswise on the diagonal. Spoon some of the reserved barbecue sauce on the bottoms of the buns and arrange the chicken on top. Spoon the remaining sauce over the chicken and mound the napa slaw on top.

Nutrition Facts



Properties

Glycemic Index:114.27, Glycemic Load:25.43, Inflammation Score:-9, Nutrition Score:38.790869028672%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 551.33kcal (27.57%), Fat: 19.64g (30.22%), Saturated Fat: 3.34g (20.88%), Carbohydrates: 62.8g (20.93%), Net Carbohydrates: 58.26g (21.19%), Sugar: 36.84g (40.94%), Cholesterol: 80.16mg (26.72%), Sodium: 1234.25mg (53.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.43g (64.87%), Vitamin K: 135.77µg (129.3%), Selenium: 60.27µg (86.1%), Vitamin B6: 1.67mg (83.31%), Vitamin C: 66.62mg (80.75%), Vitamin B3: 15.36mg (76.81%), Manganese: 1.27mg (63.55%), Folate: 233.04µg (58.26%), Potassium: 1578.4mg (45.1%), Phosphorus: 392.4mg (39.24%), Magnesium: 151.83mg (37.96%), Calcium: 322.48mg (32.25%), Vitamin B1: 0.45mg (30.14%), Vitamin B2: 0.43mg (25.21%), Iron: 4.52mg (25.09%), Vitamin B5: 2.2mg (21.96%), Vitamin A: 1037.2IU (20.74%), Fiber: 4.54g (18.17%), Copper: 0.35mg (17.56%), Zinc: 1.8mg (11.99%), Vitamin E: 1.71mg (11.43%), Vitamin B12: 0.33µg (5.57%)