



Black Pepper and Molasses Pulled Chicken Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 teaspoon chili powder
- ☐ 1 tablespoon cider vinegar
- ☐ 12 dill pickle chips
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground ginger
- ☐ 3 tablespoons catsup

- ☐ 1 tablespoon blackstrap molasses
- ☐ 1 tablespoon mustard prepared
- ☐ 8 ounce sandwich rolls cut in half horizontally
- ☐ 12 ounces chicken thighs boneless skinless cut into 2-inch pieces

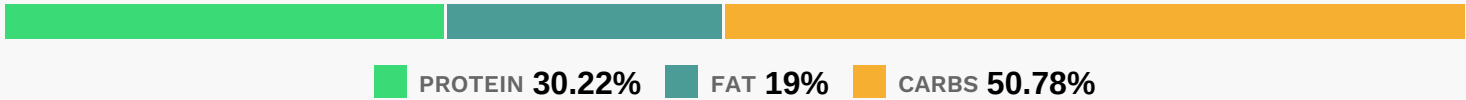
Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 9 ingredients in a medium saucepan; bring to a boil. Reduce heat to medium-low; cover and cook, stirring occasionally, 23 minutes or until chicken is done and tender.
- ☐ Remove from heat; shred with 2 forks to measure 2 cups meat.
- ☐ Place 1/2 cup chicken on bottom half of each roll. Top each with 3 pickles and top half of roll.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:1.69, Inflammation Score:-5, Nutrition Score:15.365217525026%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 301.31kcal (15.07%), Fat: 6.28g (9.67%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 37.77g (12.59%), Net Carbohydrates: 35.86g (13.04%), Sugar: 7.51g (8.34%), Cholesterol: 80.8mg (26.93%), Sodium: 705.75mg (30.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.48g (44.97%), Selenium: 43.77µg (62.53%), Vitamin B3: 7.47mg (37.34%), Vitamin B1: 0.37mg (24.7%), Vitamin B6: 0.47mg (23.45%), Phosphorus: 230.6mg (23.06%), Manganese: 0.45mg (22.42%), Vitamin B2: 0.38mg (22.29%), Iron: 3.19mg (17.7%), Folate: 60.38µg (15.1%), Magnesium: 53.71mg (13.43%), Vitamin B5: 1.33mg (13.26%), Zinc: 1.94mg (12.93%), Potassium: 420.37mg (12.01%), Copper: 0.19mg (9.52%), Calcium: 91.61mg (9.16%), Vitamin B12: 0.54µg (9.07%), Fiber: 1.91g (7.63%), Vitamin K: 7.34µg (6.99%), Vitamin E: 0.75mg (4.98%), Vitamin A: 234.28IU (4.69%), Vitamin C: 0.94mg (1.14%)