



## Buffalo BBQ Pulled Chicken with Blue Cheese Cornbread Topper

READY IN



115 min.

SERVINGS



6

CALORIES



546 kcal

SIDE DISH

### Ingredients

- ☐ 12 ounce lager beer
- ☐ 1 cup cheese blue crumbled
- ☐ 2 tablespoons brown sugar
- ☐ 14 ounce tomato sauce canned
- ☐ 2 large carrots peeled chopped
- ☐ 3 small ribs celery chopped
- ☐ 4 pieces poached chicken breast chopped
- ☐ 1 holland chile pepper seeded finely chopped

- ☐ 2 tablespoons cider vinegar
- ☐ 17 ounce corn muffin mix recommended: Jiffy
- ☐ 2 tablespoons thyme leaves fresh
- ☐ 4 cloves garlic grated chopped
- ☐ 0.3 cup hot sauce medium to spicy
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 4 scallions finely chopped
- ☐ 2 tablespoons worcestershire sauce

## Equipment

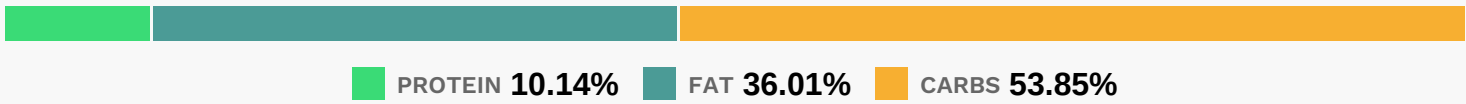
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ tongs

## Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Heat a large ovenproof skillet with 2 tablespoons extra-virgin olive oil, 2 turns of the pan, over medium-high heat.
- ☐ Add the celery, carrots, onions, garlic, chile pepper, salt, pepper, and thyme and saute to soften the vegetables, 10 to 12 minutes, then deglaze the pan with the beer or stock.
- ☐ Stir together the brown sugar, tomato sauce, hot sauce, Worcestershire, and vinegar in a bowl and pour into the skillet and stir to combine.
- ☐ Mix in the chicken pieces, using tongs and cool and store for make-ahead meal.
- ☐ Reheat over medium heat just to warm up while you mix together the cornbread topper or, to serve immediately, keep warm on low while you mix the cornbread batter, then transfer to oven and bake until top is deep golden brown.

- ☐
- Cook's Note: The filling may be transferred to a casserole if your skillet cannot transfer to the oven.
- ☐
- For the topping: Follow package directions for cornbread batter, then stir in the blue cheese and scallions, pour over the chicken filling in an even layer and bake to golden brown and firm to the touch, about 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:66.97, Glycemic Load:3.2, Inflammation Score:-10, Nutrition Score:24.760434606801%

Flavonoids

Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 546.31kcal (27.32%), Fat: 22.07g (33.95%), Saturated Fat: 7.6g (47.47%), Carbohydrates: 74.25g (24.75%), Net Carbohydrates: 65.99g (24%), Sugar: 27.08g (30.09%), Cholesterol: 20.61mg (6.87%), Sodium: 1685.64mg (73.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.97g (27.95%), Vitamin A: 4935.4IU (98.71%), Phosphorus: 549.88mg (54.99%), Vitamin C: 33.08mg (40.1%), Vitamin K: 36.54µg (34.8%), Fiber: 8.26g (33.05%), Vitamin B1: 0.44mg (29.11%), Folate: 115.92µg (28.98%), Vitamin B2: 0.47mg (27.55%), Manganese: 0.54mg (26.88%), Vitamin B3: 5.12mg (25.59%), Calcium: 226.62mg (22.66%), Iron: 4.04mg (22.47%), Vitamin B6: 0.41mg (20.39%), Potassium: 700.93mg (20.03%), Selenium: 10.27µg (14.67%), Vitamin E: 2.16mg (14.39%), Magnesium: 53.31mg (13.33%), Copper: 0.26mg (13.1%), Vitamin B5: 1.19mg (11.86%), Zinc: 1.54mg (10.28%), Vitamin B12: 0.35µg (5.8%)