



Carolina Blond-Barbecue Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon celery seeds
- ☐ 0.3 cup cider vinegar
- ☐ 0.3 cup the dressing light (such as Marzetti)
- ☐ 12 ounce coleslaw
- ☐ 2 tablespoons brown sugar dark
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon hot sauce
- ☐ 1 tablespoon mustard prepared
- ☐ 1 cup no-salt-added ketchup

- ☐ 2 tablespoons onion instant minced
- ☐ 1 teaspoon pepper
- ☐ 0.8 pound skinned shredded (such as Tyson)
- ☐ 8 ounce texas toast croutons lightly toasted
- ☐ 0.5 cup water

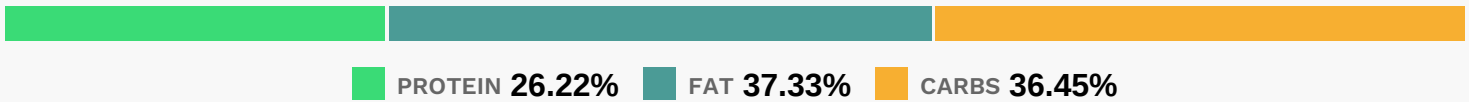
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine first 3 ingredients in a bowl; toss well to coat.
- ☐ Combine ketchup and next 8 ingredients (ketchup through garlic powder) in a medium saucepan; bring to a boil. Reduce heat; simmer 5 minutes or until mixture begins to thicken. Stir in chicken, and cook 4 minutes or until roasted chicken is thoroughly heated.
- ☐ Top each toasted bread slice with 1/2 cup chicken and 1/2 cup coleslaw mixture.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:1.48, Inflammation Score:-4, Nutrition Score:19.535217557264%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 515.59kcal (25.78%), Fat: 20.42g (31.41%), Saturated Fat: 4.86g (30.36%), Carbohydrates: 44.86g (14.95%), Net Carbohydrates: 40.89g (14.87%), Sugar: 19.89g (22.1%), Cholesterol: 80.83mg (26.94%), Sodium: 625.34mg (27.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.26g (64.53%), Vitamin K: 79.58µg (75.79%), Vitamin B3: 11.92mg (59.61%), Iron: 10.13mg (56.28%), Vitamin C: 32.41mg (39.29%), Selenium: 26.24µg

(37.49%), Vitamin B6: 0.64mg (31.93%), Phosphorus: 234.84mg (23.48%), Fiber: 3.97g (15.87%), Manganese: 0.31mg (15.68%), Potassium: 415.72mg (11.88%), Vitamin B5: 1.06mg (10.65%), Folate: 42.41µg (10.6%), Magnesium: 41.12mg (10.28%), Vitamin B2: 0.15mg (8.76%), Vitamin B1: 0.13mg (8.72%), Zinc: 1.11mg (7.38%), Vitamin E: 1.02mg (6.82%), Calcium: 63.88mg (6.39%), Vitamin B12: 0.31µg (5.13%), Copper: 0.09mg (4.28%), Vitamin A: 121.52IU (2.43%)