



Chicken and Cheese Sliders

READY IN



45 min.

SERVINGS



4

CALORIES



472 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup barbecue sauce store-bought
- ☐ 0.5 cup cheddar cheese grated
- ☐ 8 cherry tomatoes sliced
- ☐ 6 ounces chicken breast bone-in skinless
- ☐ 7 ounces chipotles in adobo canned
- ☐ 2 cloves garlic chopped
- ☐ 1 bell pepper green chopped
- ☐ 0.5 medium onion red chopped
- ☐ 2 cups broccoli (such as arugula or broccoli)

☐ 8 small hamburger buns whole-wheat (such as Pepperidge Farm Wheat Sliders)

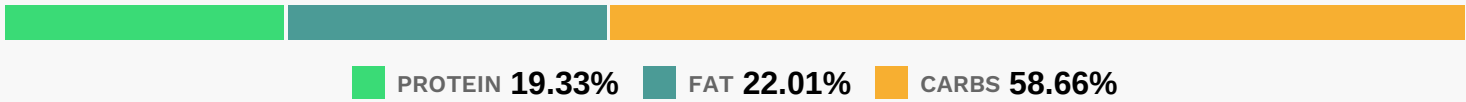
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Coat a medium saucepan with cooking spray. Cook bellpepper, onion and garlic in pan over medium heat, stirring,3 minutes.
- ☐ Add chicken, barbecue sauce, chipotlesand 1/4 cup water; cover and simmer until chicken reachesan internal temperature of 165°F, 25 to 30 minutes.
- ☐ Removechicken from sauce; place on a plate to cool for 5 minutes.Use a fork to pull meat off bone and shred; return meat topan and toss to coat with sauce.
- ☐ Heat oven to 400°F. Openbuns and set on a baking sheet covered with foil. Distributechicken evenly among bottom half of each bun (about2 tablespoons per bun); top each with 2 tablespoons cheese.
- ☐ Bake until cheese melts and bubbles, 4 to 5 minutes. Top with tomatoes,sprouts and bun cap; serve immediately.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.17, Inflammation Score:-8, Nutrition Score:29.852608333463%

Flavonoids

Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg,

Kaempferol: 3.56mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 472.14kcal (23.61%), Fat: 11.8g (18.16%), Saturated Fat: 4.3g (26.87%), Carbohydrates: 70.79g (23.6%), Net Carbohydrates: 59.93g (21.79%), Sugar: 23.76g (26.4%), Cholesterol: 41.34mg (13.78%), Sodium: 942.58mg (40.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.32g (46.64%), Vitamin C: 73.13mg (88.64%), Selenium: 48.24µg (68.92%), Manganese: 1.17mg (58.68%), Vitamin K: 51.97µg (49.5%), Vitamin B3: 9.31mg (46.55%), Fiber: 10.86g (43.42%), Folate: 143.05µg (35.76%), Vitamin B1: 0.53mg (35.07%), Iron: 5.86mg (32.57%), Phosphorus: 321.74mg (32.17%), Vitamin B6: 0.64mg (32.17%), Vitamin B2: 0.48mg (28.03%), Calcium: 232.56mg (23.26%), Potassium: 686.47mg (19.61%), Magnesium: 76.14mg (19.04%), Vitamin A: 787.72IU (15.75%), Copper: 0.31mg (15.64%), Vitamin B5: 1.52mg (15.17%), Zinc: 2.08mg (13.86%), Vitamin E: 1.18mg (7.89%), Vitamin B12: 0.24µg (4.06%)