

food
network



HEALTH SCORE

51%

Chicken BBQ Sandwich



Dairy Free

READY IN



215 min.

SERVINGS



6

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 3 pounds bone-out boston butt
- ☐ 27 inch brioche buns warmed halved
- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon cajun spice
- ☐ 3 cups medium-dice carrots mixed
- ☐ 24 ounce chicken breasts
- ☐ 6 servings chicken stock see for covering pork

- ☐ 2 cups coleslaw prepared
- ☐ 1 teaspoon cumin
- ☐ 2 tablespoons grapeseed oil
- ☐ 2 tablespoons hot sauce
- ☐ 1 teaspoon paprika
- ☐ 1 teaspoon pepper
- ☐ 1 tablespoon salt
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.3 cup mustard stone-ground
- ☐ 2 tablespoons balsamic vinegar white

Equipment

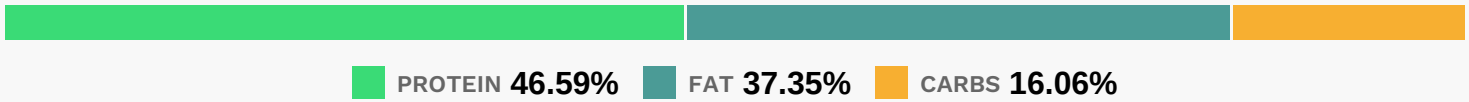
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ For the pulled pork and Carolina sauce: Preheat the oven to 325 degrees F.
- ☐ Sprinkle the Boston butt with the Cajun spice, 1 tablespoon salt and 1 teaspoon pepper and put in a deep roasting pan.
- ☐ Add the diced vegetables and bay leaves, and then cover with chicken stock. Wrap with plastic wrap and tightly cover with foil. Roast until tender, 2 to 2 1/2 hours.
- ☐ Remove the pork from the stock and let cool.
- ☐ Remove the fat from the stock and measure out 1 cup of the stock and cooked vegetable mixture.
- ☐ Let cool slightly, and then put in a blender.

- ☐ Add the mustard, hot sauce, white balsamic, brown sugar, cumin, paprika and some salt and pepper and puree until smooth. Taste the sauce and add more salt and pepper if needed.
- ☐ Shred the pork with two forks and measure out 2 cups for the sandwiches.
- ☐ Put the pork in a pan and toss with 1/2 cup of the sauce. (Reserve the remaining pulled pork and sauce for another use.) Warm the mixture over medium heat, stirring and tossing, until hot. Lower the heat and keep warm.
- ☐ Sprinkle the chicken with the salt and pepper. In a large pan over high heat, add the oil.
- ☐ Add the chicken and cook until browned on both sides, 4 to 5 minutes per side.
- ☐ To assemble the sandwiches: Stack the bottom brioche buns with the chicken, sauced pork and coleslaw, and then finish with the top buns.

Nutrition Facts



Properties

Glycemic Index:54.31, Glycemic Load:2.97, Inflammation Score:-10, Nutrition Score:46.510434689729%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 665.29kcal (33.26%), Fat: 27g (41.53%), Saturated Fat: 7.98g (49.85%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 22.46g (8.17%), Sugar: 10.73g (11.92%), Cholesterol: 235.4mg (78.47%), Sodium: 2155.65mg (93.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 75.76g (151.51%), Vitamin A: 11618.2IU (232.36%), Selenium: 110.52µg (157.89%), Vitamin B3: 26.52mg (132.58%), Vitamin B6: 2.35mg (117.36%), Vitamin B1: 1.51mg (100.92%), Phosphorus: 813.14mg (81.31%), Vitamin B2: 1.27mg (74.58%), Zinc: 9mg (59.99%), Vitamin B5: 5.49mg (54.87%), Potassium: 1766.84mg (50.48%), Vitamin B12: 2.29µg (38.18%), Magnesium: 111.84mg (27.96%), Vitamin K: 29.13µg (27.74%), Iron: 4.96mg (27.55%), Copper: 0.46mg (22.95%), Vitamin C: 17.51mg (21.22%), Vitamin E: 3.14mg (20.93%), Manganese: 0.34mg (16.97%), Fiber: 3.66g (14.64%), Calcium: 103.22mg (10.32%), Folate: 40.88µg (10.22%), Vitamin D: 1.47µg (9.83%)