



Chicken BBQ "Sliders"

READY IN



10 min.

SERVINGS



10

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup original barbecue sauce kraft
- 7.5 oz oscar mayer carving board rotisserie seasoned chicken breast
- 8 hawaiian rolls sweet split (2 inch)
- 2 singles quartered kraft

Equipment

- frying pan

Directions

Cook chicken and barbecue sauce in nonstick skillet on medium heat 2 to 3 min. or until heated through, stirring frequently.

Fill rolls with Singles pieces and chicken mixture.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.1969565263261%

Nutrients (% of daily need)

Calories: 108.06kcal (5.4%), Fat: 2.18g (3.36%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 14.81g (4.94%), Net Carbohydrates: 14.75g (5.36%), Sugar: 5.55g (6.17%), Cholesterol: 21.48mg (7.16%), Sodium: 168.11mg (7.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.98%), Vitamin B3: 2.26mg (11.3%), Selenium: 6.9µg (9.85%), Vitamin B6: 0.16mg (8.23%), Phosphorus: 47.93mg (4.79%), Vitamin B5: 0.31mg (3.15%), Potassium: 95.73mg (2.74%), Magnesium: 6.46mg (1.61%), Vitamin B2: 0.03mg (1.52%), Vitamin B1: 0.02mg (1.02%)