



Honey-Chipotle Barbecue Chicken Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 7 ounce chipotle chiles in adobo sauce canned
- ☐ 0.3 cup cider vinegar
- ☐ 1 tablespoon garlic minced
- ☐ 4 garlic cloves thinly sliced
- ☐ 1 teaspoon ground cumin
- ☐ 3 tablespoons honey
- ☐ 2 ounces monterrey jack cheese thinly sliced

- ☐ 0.5 inch onion red
- ☐ 0.3 teaspoon salt
- ☐ 6 ounce sandwich rolls
- ☐ 1 pound chicken breast boneless skinless
- ☐ 0.5 cup tomato purée canned
- ☐ 0.5 cup water
- ☐ 1 tablespoon worcestershire sauce

Equipment

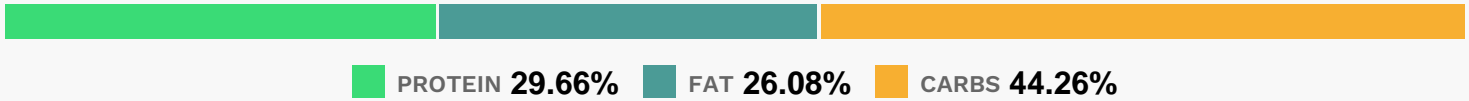
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ broiler
- ☐ cutting board

Directions

- ☐ Combine water, 1 teaspoon cumin, 4 sliced garlic cloves, and chicken in a large saucepan. Cover and bring to a boil over medium-high heat. Reduce heat to medium-low; cook 10 minutes or until chicken is done.
- ☐ Drain, and place chicken on a cutting board.
- ☐ Cut chicken across grain into thin slices; keep warm.
- ☐ Remove 2 tablespoons adobo sauce from can; set aside.
- ☐ Remove 2 chipotle chiles from can; finely chop and set aside. Reserve remaining chiles and adobo sauce for another use.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add 1 tablespoon minced garlic; saut 3 minutes or until just beginning to brown.
- ☐ Add 1 teaspoon cumin; saut 1 minute. Stir in tomato puree; cook 4 minutes or until mixture thickens to a pastelike consistency, stirring constantly. Stir in reserved 2 tablespoons adobo sauce, 2 chopped chipotle chiles, vinegar, honey, Worcestershire, and 1/4 teaspoon salt.

- ☐ Add sliced chicken to sauce; simmer for 3 minutes or until thoroughly heated.
- ☐ Preheat broiler.
- ☐ Split rolls in half; arrange in a single layer, cut sides up, on a baking sheet. Broil 1 minute or until lightly toasted.
- ☐ Remove top halves of rolls from baking sheet. Divide chicken mixture evenly among bottom halves of rolls, and top chicken mixture evenly with cheese. Broil chicken-topped rolls 2 minutes or until cheese melts.
- ☐ Remove from oven; top with onion and top roll halves.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:62.32, Glycemic Load:7.95, Inflammation Score:-5, Nutrition Score:21.225217357926%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 444.18kcal (22.21%), Fat: 12.78g (19.66%), Saturated Fat: 3.89g (24.31%), Carbohydrates: 48.82g (16.27%), Net Carbohydrates: 42.11g (15.31%), Sugar: 18.95g (21.06%), Cholesterol: 85.19mg (28.4%), Sodium: 693.5mg (30.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.71g (65.42%), Selenium: 56.05µg (80.07%), Vitamin B3: 14.12mg (70.6%), Vitamin B6: 0.99mg (49.46%), Phosphorus: 367.89mg (36.79%), Fiber: 6.71g (26.83%), Iron: 4.24mg (23.56%), Vitamin B1: 0.32mg (21.13%), Manganese: 0.42mg (21.02%), Vitamin B2: 0.35mg (20.35%), Vitamin B5: 1.95mg (19.45%), Potassium: 648.19mg (18.52%), Calcium: 183.39mg (18.34%), Magnesium: 55.87mg (13.97%), Folate: 52.33µg (13.08%), Zinc: 1.7mg (11.33%), Copper: 0.2mg (9.97%), Vitamin E: 1.45mg (9.64%), Vitamin C: 6.4mg (7.75%), Vitamin B12: 0.34µg (5.74%), Vitamin K: 5.09µg (4.85%), Vitamin A: 220.71IU (4.41%), Vitamin D: 0.2µg (1.32%)