



Mini BBQ Sandwiches

READY IN



160 min.

SERVINGS



18

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 ounce barbecue sauce
- ☐ 24 ounce chicken breast strips/pre-cooked/chopped frozen
- ☐ 1 slices cheddar cheese shredded
- ☐ 18 dinner rolls split
- ☐ 1 tablespoon hot sauce
- ☐ 3 tablespoons blackstrap molasses
- ☐ 0.5 large onion sweet thinly sliced

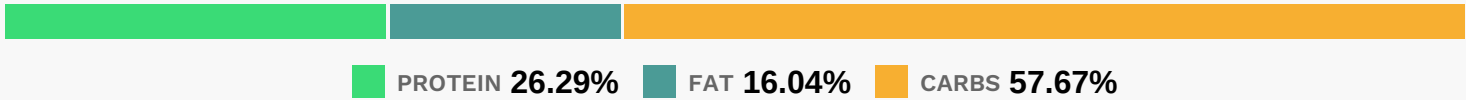
Equipment

☐ slow cooker

Directions

- ☐ Stir together first 5 ingredients in a lightly greased 4- to 5-qt. slow cooker.
- ☐ Cover and cook on HIGH 2 1/2 hours. Break up large pieces of chicken with a fork.
- ☐ Serve on dinner rolls with desired toppings.

Nutrition Facts



Properties

Glycemic Index:3.94, Glycemic Load:1.1, Inflammation Score:-3, Nutrition Score:10.371739237205%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 241.44kcal (12.07%), Fat: 4.27g (6.57%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 32.57g (11.84%), Sugar: 13.07g (14.53%), Cholesterol: 32.19mg (10.73%), Sodium: 566.71mg (24.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.75g (31.49%), Selenium: 25.65µg (36.64%), Vitamin B3: 7.15mg (35.74%), Manganese: 0.54mg (27.02%), Vitamin B6: 0.32mg (15.81%), Vitamin B1: 0.22mg (14.97%), Phosphorus: 140.42mg (14.04%), Iron: 2.29mg (12.7%), Vitamin B2: 0.18mg (10.54%), Calcium: 99.83mg (9.98%), Magnesium: 39.07mg (9.77%), Fiber: 1.97g (7.9%), Potassium: 272.68mg (7.79%), Folate: 30.05µg (7.51%), Copper: 0.13mg (6.25%), Vitamin B5: 0.6mg (6.05%), Zinc: 0.84mg (5.58%), Vitamin E: 0.49mg (3.25%), Vitamin B12: 0.13µg (2.15%), Vitamin K: 1.83µg (1.74%), Vitamin A: 73.26IU (1.47%), Vitamin C: 1.15mg (1.4%)