



## Pulled BBQ Chicken Sandwiches

 Dairy Free

READY IN



51 min.

SERVINGS



6

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup apple cider vinegar
- 14 ounce tomato sauce low-sodium canned
- 1 tablespoon canola oil
- 3 cloves garlic minced
- 0.3 teaspoon ground pepper black
- 6 hamburger rolls whole-wheat
- 6 large lettuce leaves green
- 0.5 teaspoon liquid smoke

- 5 tablespoons blackstrap molasses
- 1 large onion chopped
- 4 cups rotisserie chicken cut shredded whole skinless thin
- 0.3 cup tomato paste
- 0.5 cup water

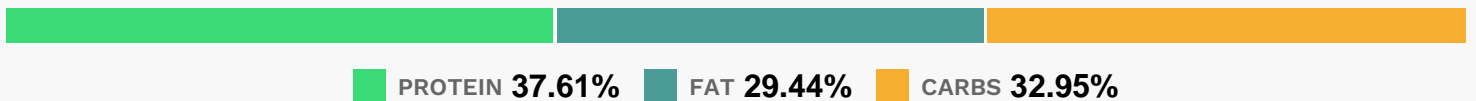
## Equipment

- frying pan

## Directions

- Watch how to make this recipe.
- Heat the oil in a large saute pan over a medium heat.
- Add the onions and cook until they are soft and translucent, about 5 minutes.
- Add the garlic and cook for 1 minute more.
- Add tomato sauce, tomato paste, water, vinegar, molasses, pepper and liquid smoke and bring to a boil. Reduce heat to medium-low and simmer for 15 minutes.
- Add chopped chicken, return to a simmer, and cook an additional 10 minutes.
- Split rolls.
- Place a leaf of lettuce on each roll, then pile on 3/4 cup of the chicken mixture onto the roll.

## Nutrition Facts



## Properties

Glycemic Index:54.17, Glycemic Load:20.93, Inflammation Score:-9, Nutrition Score:14.664782518926%

## Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

## Nutrients (% of daily need)

Calories: 522.8kcal (26.14%), Fat: 17.2g (26.47%), Saturated Fat: 4.01g (25.07%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 40.39g (14.69%), Sugar: 20.66g (22.96%), Cholesterol: 151.42mg (50.47%), Sodium: 1176.25mg (51.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.46g (98.92%), Vitamin A: 2231.38IU (44.63%), Manganese: 0.77mg (38.48%), Selenium: 16.14µg (23.05%), Vitamin B1: 0.3mg (20.09%), Potassium: 702.83mg (20.08%), Iron: 3.55mg (19.73%), Magnesium: 71.73mg (17.93%), Vitamin C: 14.22mg (17.23%), Folate: 61.61µg (15.4%), Vitamin B3: 3.08mg (15.4%), Vitamin B6: 0.3mg (15%), Vitamin E: 2.03mg (13.5%), Copper: 0.26mg (13.18%), Vitamin B2: 0.22mg (12.96%), Calcium: 128.27mg (12.83%), Fiber: 2.93g (11.73%), Phosphorus: 93.22mg (9.32%), Vitamin K: 7.09µg (6.75%), Zinc: 0.69mg (4.62%), Vitamin B5: 0.39mg (3.95%), Vitamin B12: 0.09µg (1.43%)