



Pulled Chicken

 Dairy Free

READY IN



370 min.

SERVINGS



8

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 oz barbecue sauce
- ☐ 8 large boston lettuce leaves
- ☐ 0.3 cup apple cider vinegar
- ☐ 2 cups coleslaw mix homemade store-bought
- ☐ 2 cloves garlic finely chopped
- ☐ 6 hawaiian rolls whole-wheat
- ☐ 1 onion finely chopped
- ☐ 2 pounds chicken breast boneless skinless

☐ 1 teaspoon all the tabasco sauce you handle

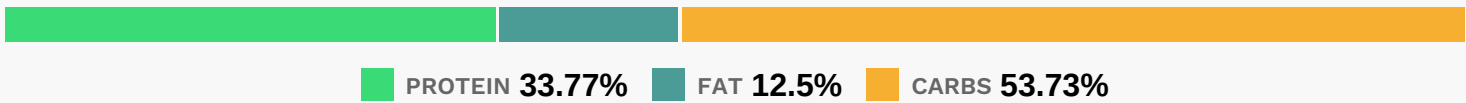
Equipment

- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Place chicken in slow cooker.
- ☐ Sprinkle with onion and garlic.
- ☐ Whisk together barbecue sauce, vinegar and Tabasco; pour on top. Cover and cook on low until chicken is cooked through, 5 to 6 hours.
- ☐ Remove chicken from slow cooker and let cool slightly; shred. Stir chicken back into sauce.
- ☐ Arrange chicken on buns or lettuce leaves, if desired. Top with coleslaw and tops of buns, then serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:10.29, Inflammation Score:-7, Nutrition Score:19.303912981697%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 343.53kcal (17.18%), Fat: 4.67g (7.18%), Saturated Fat: 0.96g (6%), Carbohydrates: 45.14g (15.05%), Net Carbohydrates: 43.13g (15.69%), Sugar: 24.85g (27.61%), Cholesterol: 72.57mg (24.19%), Sodium: 966.02mg (42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.38g (56.75%), Vitamin B3: 13.67mg (68.37%), Selenium: 46.21µg (66.02%), Vitamin B6: 0.98mg (48.9%), Vitamin K: 31.65µg (30.14%), Phosphorus: 298.75mg (29.88%), Potassium: 701.61mg (20.05%), Vitamin B1: 0.29mg (19.31%), Manganese: 0.38mg (18.98%), Vitamin B5: 1.8mg (18.02%), Vitamin B2: 0.27mg (15.66%), Folate: 57.27µg (14.32%), Vitamin A: 692.33IU (13.85%), Vitamin C: 10.75mg

(13.03%), Magnesium: 51.2mg (12.8%), Iron: 2.26mg (12.56%), Calcium: 90.49mg (9.05%), Fiber: 2.01g (8.03%), Zinc: 1.1mg (7.32%), Copper: 0.13mg (6.29%), Vitamin E: 0.87mg (5.8%), Vitamin B12: 0.29µg (4.85%)