



Pulled Chicken

 Dairy Free

READY IN



310 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cider vinegar
- ☐ 1 teaspoon cumin
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 teaspoon garlic powder
- ☐ 6 servings hamburger buns whole-wheat
- ☐ 1 cup catsup
- ☐ 2 tablespoons blackstrap molasses
- ☐ 1 teaspoon onion powder

- ☐ 2 onions thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 pound chicken breasts boneless skinless
- ☐ 0.8 pound chicken thighs boneless skinless
- ☐ 0.5 teaspoon tabasco

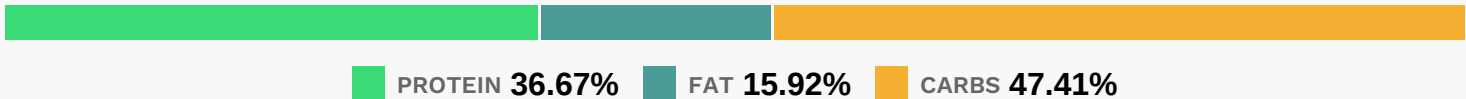
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Scatter onions on bottom of slow cooker. Arrange chicken on top of onions.
- ☐ In a bowl, combine ketchup, vinegar, mustard, molasses, onion powder, cumin, garlic powder, Tabasco and salt.
- ☐ Pour over chicken. Cover and cook on low until chicken is fork-tender and sauce has thickened, about 5 hours.
- ☐ Remove chicken from slow cooker and shred meat. Stir back into sauce.
- ☐ Serve hot, on whole-wheat buns, if desired.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:15.86, Inflammation Score:-6, Nutrition Score:19.981739230778%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg

Nutrients (% of daily need)

Calories: 353.85kcal (17.69%), Fat: 6.22g (9.57%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 41.69g (13.9%), Net Carbohydrates: 39.95g (14.53%), Sugar: 18.28g (20.31%), Cholesterol: 102.25mg (34.08%), Sodium: 948.61mg (41.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.23g (64.47%), Selenium: 51.33µg (73.33%), Vitamin B3: 13.56mg (67.79%), Vitamin B6: 1.01mg (50.39%), Phosphorus: 338.22mg (33.82%), Vitamin B1: 0.37mg (24.43%), Manganese: 0.49mg (24.43%), Vitamin B2: 0.38mg (22.57%), Potassium: 754.5mg (21.56%), Vitamin B5: 1.89mg (18.87%), Magnesium: 70.85mg (17.71%), Iron: 3.04mg (16.9%), Folate: 56.84µg (14.21%), Zinc: 1.82mg (12.13%), Calcium: 105.56mg (10.56%), Vitamin B12: 0.6µg (10%), Copper: 0.19mg (9.42%), Vitamin C: 6.19mg (7.5%), Fiber: 1.73g (6.94%), Vitamin E: 0.98mg (6.51%), Vitamin K: 5.28µg (5.03%), Vitamin A: 249.2IU (4.98%)