



Pulled Chicken Barbecue Sandwiches with Pickled Onions

READY IN



25 min.

SERVINGS



25

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 0.3 tsp pepper black
- 0.3 cup heinz distilled vinegar white
- 4 singles kraft
- 1 large onion red sliced
- 4 sandwich rolls whole wheat split
- 2 cups meat from a rotisserie chicken shredded cooked
- 1 Tbsp sugar

3 cups water

Equipment

bowl

sauce pan

Directions

Bring water to boil in large saucepan.

Add onions; cook 5 min.

Drain.

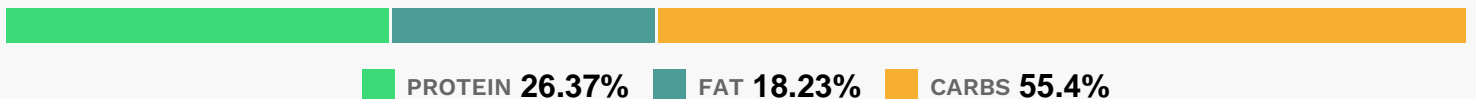
Place onions in medium bowl.

Add sugar, vinegar and pepper; mix well. Cover. Refrigerate until ready to use, stirring frequently.

Meanwhile, combine chicken and barbecue sauce in saucepan; cook on medium heat 5 min. or until heated through, stirring frequently.

Spoon about 1/2 cup of the chicken mixture onto bottom half of each roll; top with 1 Singles and 1/4 cup of the onions. Cover with tops of rolls.

Nutrition Facts



Properties

Glycemic Index:7.16, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:2.1926086849493%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 59.77kcal (2.99%), Fat: 1.18g (1.81%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 7.72g (2.81%), Sugar: 2.74g (3.04%), Cholesterol: 8.43mg (2.81%), Sodium: 120.68mg (5.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Selenium: 6.44µg (9.2%), Vitamin B3: 1.31mg

(6.54%), Vitamin B1: 0.05mg (3.59%), Phosphorus: 34.69mg (3.47%), Manganese: 0.06mg (3.06%), Vitamin B2: 0.05mg (3.06%), Vitamin B6: 0.06mg (2.94%), Iron: 0.48mg (2.69%), Folate: 10.18µg (2.54%), Zinc: 0.28mg (1.87%), Vitamin B5: 0.16mg (1.61%), Copper: 0.03mg (1.61%), Potassium: 55.91mg (1.6%), Magnesium: 6.35mg (1.59%), Calcium: 15.2mg (1.52%), Fiber: 0.34g (1.37%)