



## Pulled Chicken Minis with Ranch Slaw

READY IN



20 min.

SERVINGS



20

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup brown sugar barbecue sauce sweet kraft
- 2.5 cups coleslaw blend (cabbage slaw mix)
- 12 oz hawaiian rolls sweet split (12 rolls)
- 0.3 cup classic ranch dressing kraft
- 3 cups meat from a rotisserie chicken shredded cooked

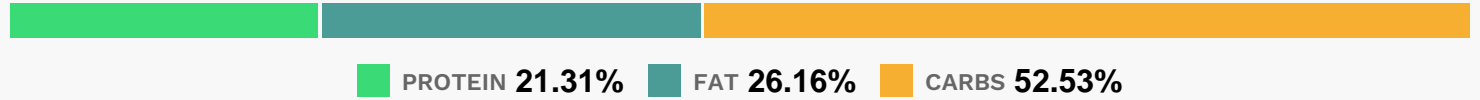
### Equipment

- sauce pan

## Directions

- Cook chicken and barbecue sauce in saucepan on medium–low heat 10 min. or until heated through, stirring frequently.
- Combine coleslaw blend and dressing.
- Fill rolls with chicken mixture and coleslaw just before serving.

## Nutrition Facts



## Properties

Glycemic Index:2.2, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:2.6865217486477%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 135.6kcal (6.78%), Fat: 3.94g (6.06%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 17.79g (5.93%), Net Carbohydrates: 17.57g (6.39%), Sugar: 10.83g (12.03%), Cholesterol: 22.48mg (7.49%), Sodium: 97.69mg (4.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.43%), Vitamin K: 10.67µg (10.16%), Vitamin B3: 1.69mg (8.43%), Selenium: 5.4µg (7.71%), Vitamin B6: 0.1mg (5.06%), Phosphorus: 48.51mg (4.85%), Vitamin C: 3.2mg (3.88%), Vitamin B5: 0.26mg (2.58%), Zinc: 0.34mg (2.28%), Vitamin B2: 0.04mg (2.18%), Potassium: 75.86mg (2.17%), Iron: 0.36mg (2.02%), Magnesium: 6.35mg (1.59%), Calcium: 13.71mg (1.37%), Vitamin B1: 0.02mg (1.25%), Folate: 5.01µg (1.25%), Manganese: 0.02mg (1.21%), Vitamin B12: 0.07µg (1.1%)