



Pulled Chicken Sandwiches

READY IN



25 min.

SERVINGS



25

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 1 bread baguette french
- 1 Tbsp brown sugar
- 4 singles kraft
- 1 onion sliced
- 1 lb chicken thighs boneless skinless
- 0.3 cup water

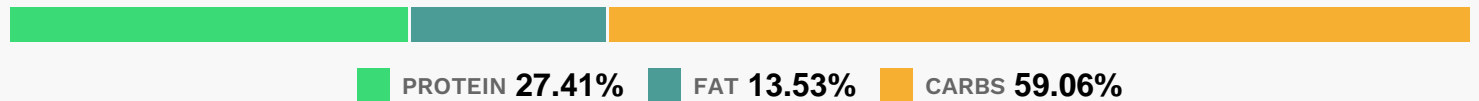
Equipment

frying pan

Directions

- Cook chicken and onions in large nonstick skillet on medium-high heat 8 min., stirring occasionally.
- Add barbecue sauce, water and sugar; stir. Cover; cook on medium heat 7 min. or until chicken is done (165F).
- Remove chicken from skillet. Shred with fork or chop into small pieces. Return to skillet; stir to coat with sauce.
- Cut baguette into 4 pieces; cut each piece lengthwise in half. Fill with chicken mixture and Singles.

Nutrition Facts



Properties

Glycemic Index:4.3, Glycemic Load:6.49, Inflammation Score:-1, Nutrition Score:3.614782622327%

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: 78.77kcal (3.94%), Fat: 1.17g (1.81%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 11.06g (4.02%), Sugar: 3.3g (3.67%), Cholesterol: 17.26mg (5.75%), Sodium: 173.89mg (7.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.35g (10.71%), Selenium: 8.78µg (12.54%), Vitamin B3: 1.82mg (9.12%), Vitamin B1: 0.13mg (8.88%), Vitamin B2: 0.11mg (6.19%), Phosphorus: 54.64mg (5.46%), Vitamin B6: 0.11mg (5.38%), Folate: 21.36µg (5.34%), Manganese: 0.1mg (5%), Iron: 0.82mg (4.56%), Zinc: 0.46mg (3.09%), Vitamin B5: 0.29mg (2.87%), Magnesium: 10.54mg (2.64%), Potassium: 83.88mg (2.4%), Copper: 0.04mg (2.05%), Vitamin B12: 0.12µg (1.94%), Fiber: 0.48g (1.91%), Calcium: 14.46mg (1.45%)