



## Pulled Chicken Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon canola oil
- 2 tablespoons cider vinegar
- 1 tablespoon dijon mustard
- 0.5 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1.2 ounce hamburger buns whole-wheat toasted
- 0.5 teaspoon hot sauce
- 1 cup catsup

- 2 tablespoons blackstrap molasses
- 3 cups onion thinly sliced
- 1 teaspoon onion powder
- 1.8 pounds chicken breast halves boneless skinless

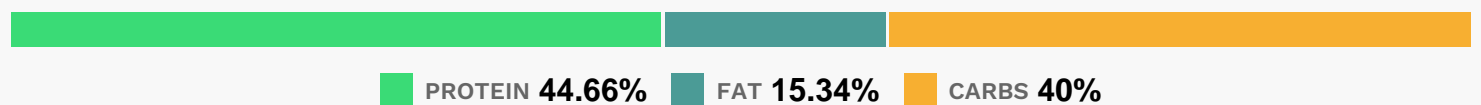
## Equipment

- frying pan
- slow cooker

## Directions

- Place onion in a 4-quart oval electric slow cooker.
- Heat a large nonstick skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Add half of chicken, and cook 3 to 4 minutes on each side or until golden brown.
- Place chicken in a single layer on top of onion. Repeat procedure with remaining chicken.
- Combine ketchup and next 7 ingredients (through hot sauce); pour over chicken. Cover and cook on LOW for 4 hours until chicken is tender and sauce is thick.
- Remove chicken from slow cooker. Shred chicken with 2 forks, and stir into sauce. Spoon 3/4 cup chicken mixture onto bottom of each bun; cover with bun tops.

## Nutrition Facts



## Properties

Glycemic Index:26.88, Glycemic Load:4.18, Inflammation Score:-5, Nutrition Score:13.481739150441%

## 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 Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.44mg, Quercetin: 12.44mg, Quercetin: 12.44mg, Quercetin: 12.44mg

## Nutrients (% of daily need)

Calories: 202.57kcal (10.13%), Fat: 3.46g (5.32%), Saturated Fat: 0.68g (4.22%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 18.92g (6.88%), Sugar: 13.05g (14.5%), Cholesterol: 63.5mg (21.17%), Sodium: 440.59mg (19.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.64g (45.27%), Vitamin B3: 11.1mg (55.48%), Selenium: 35.04µg (50.06%), Vitamin B6: 0.91mg (45.32%), Phosphorus: 244.6mg (24.46%), Potassium: 632.29mg (18.07%), Vitamin B5: 1.55mg (15.51%), Magnesium: 51.22mg (12.8%), Manganese: 0.25mg (12.63%), Vitamin B2: 0.18mg (10.63%), Vitamin C: 7.19mg (8.72%), Vitamin B1: 0.13mg (8.45%), Iron: 1.2mg (6.69%), Folate: 22.49µg (5.62%), Copper: 0.11mg (5.55%), Zinc: 0.82mg (5.44%), Fiber: 1.35g (5.4%), Vitamin E: 0.75mg (5.03%), Calcium: 44.53mg (4.45%), Vitamin A: 189.82IU (3.8%), Vitamin B12: 0.21µg (3.45%), Vitamin K: 1.96µg (1.86%)