



Pulled Chicken Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 burger buns split soft
- 1 teaspoon chili powder
- 4 cups deli rotisserie chicken shredded
- 2 tablespoons sugar
- 3 tablespoons worcestershire sauce
- 0.3 cup mustard yellow

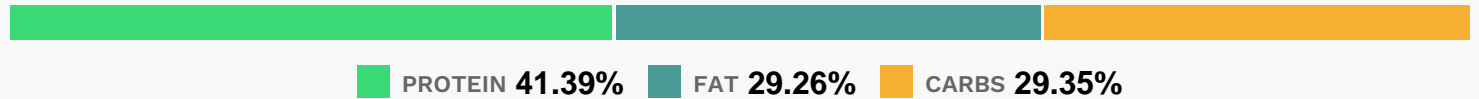
Equipment

- sauce pan

Directions

- In 3-quart saucepan, mix cooking sauce, mustard, Worcestershire sauce, sugar and chili powder.
- Heat to simmering over medium-high heat. Stir in chicken. Reduce heat to medium; simmer 20 minutes, stirring occasionally.
- Serve 1/2 cup chicken mixture on each bun. Top each with 2 tablespoons coleslaw.

Nutrition Facts



Properties

Glycemic Index:20.51, Glycemic Load:15, Inflammation Score:-1, Nutrition Score:5.7691303802573%

Nutrients (% of daily need)

Calories: 359.54kcal (17.98%), Fat: 11.65g (17.93%), Saturated Fat: 2.95g (18.47%), Carbohydrates: 26.31g (8.77%), Net Carbohydrates: 25.12g (9.13%), Sugar: 6.91g (7.68%), Cholesterol: 113.56mg (37.85%), Sodium: 795.5mg (34.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.1g (74.19%), Selenium: 14.44µg (20.63%), Vitamin B1: 0.25mg (16.89%), Manganese: 0.27mg (13.73%), Iron: 1.98mg (11.01%), Folate: 41.54µg (10.39%), Vitamin B3: 1.91mg (9.57%), Vitamin B2: 0.14mg (8.47%), Calcium: 74.5mg (7.45%), Phosphorus: 56.41mg (5.64%), Fiber: 1.2g (4.78%), Magnesium: 14.83mg (3.71%), Potassium: 120.07mg (3.43%), Copper: 0.07mg (3.4%), Zinc: 0.39mg (2.58%), Vitamin K: 2.51µg (2.39%), Vitamin B6: 0.04mg (1.88%), Vitamin C: 1.42mg (1.72%), Vitamin A: 85.12IU (1.7%), Vitamin E: 0.24mg (1.63%), Vitamin B12: 0.09µg (1.43%)