Pulled Chicken Sandwiches

Dairy Free

READY IN	SERVINGS	CALORIES
40 min.	8	217 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 2 teaspoons canola oil
- [ ] 1 teaspoon chili powder
- [ ] 2 tablespoons apple cider vinegar
- [ ] 1 tablespoon t brown sugar dark
- [ ] 2 tablespoons t brown sugar dark
- [ ] 16 dill pickle
- [ ] 0.5 teaspoon ground mustard dry
- [ ] 0.5 teaspoon garlic powder

- [ ] 0.3 teaspoon ground allspice
- [ ] 0.5 teaspoon chipotle chili powder
- [ ] 0.8 teaspoon ground cumin
- [ ] 0.3 teaspoon ground ginger
- [ ] 0.1 teaspoon ground pepper red
- [ ] 1.5 ounce hawaiian rolls toasted
- [ ] 1 cup catsup
- [ ] 0.5 cup onion finely chopped
- [ ] 1 teaspoon paprika
- [ ] 0.1 teaspoon salt
- [ ] 2 pounds chicken thighs boneless skinless

Equipment

- [ ] sauce pan
- [ ] grill
- [ ] kitchen thermometer

Directions

- [ ] Preheat grill to medium-high heat.
- [ ] To prepare chicken, combine first 6 ingredients; rub evenly over chicken.
- [ ] Place chicken on a grill rack coated with cooking spray; cover and grill 15 minutes or until a thermometer registers 180, turning occasionally.
- [ ] Let stand for 5 minutes. Shred with 2 forks.
- [ ] To prepare sauce, while chicken grills, heat canola oil in a medium saucepan over medium heat.
- [ ] Add onion; cook for 5 minutes or until tender, stirring occasionally. Stir in 1 tablespoon sugar and next 5 ingredients (through ground red pepper); cook 30 seconds. Stir in ketchup and vinegar; bring to a boil. Reduce heat, and simmer 10 minutes or until slightly thickened, stirring occasionally. Stir in chicken; cook 2 minutes.

- [ ] Place 1/3 cup chicken mixture on bottom half of each bun; top each with 2 pickle chips and top of bun.

Nutrition Facts

PROTEIN **42.58%** FAT **25.59%** CARBS **31.83%**

Properties

Glycemic Index:25.13, Glycemic Load:1.84, Inflammation Score:-4, Nutrition Score:12.011739295462%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 216.68kcal (10.83%), Fat: 6.16g (9.47%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 16.43g (5.98%), Sugar: 11.84g (13.15%), Cholesterol: 107.73mg (35.91%), Sodium: 557.42mg (24.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.05g (46.1%), Selenium: 27.84µg (39.77%), Vitamin B3: 7.11mg (35.56%), Vitamin B6: 0.59mg (29.64%), Phosphorus: 235.77mg (23.58%), Vitamin B2: 0.29mg (16.78%), Vitamin B5: 1.41mg (14.12%), Zinc: 1.9mg (12.68%), Vitamin B12: 0.74µg (12.27%), Potassium: 429.25mg (12.26%), Vitamin B1: 0.15mg (10.02%), Vitamin A: 457.09IU (9.14%), Magnesium: 36.34mg (9.09%), Iron: 1.57mg (8.73%), Vitamin K: 8.19µg (7.8%), Manganese: 0.15mg (7.69%), Vitamin E: 1.09mg (7.26%), Copper: 0.11mg (5.73%), Calcium: 40.81mg (4.08%), Folate: 15.9µg (3.97%), Fiber: 0.8g (3.18%), Vitamin C: 2.41mg (2.92%)