



## Pulled Chicken Sandwiches with Root Beer Barbecue Sauce

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup root beer
- 0.5 cup catsup
- 3 tablespoons apple cider vinegar
- 2 tablespoons mustard yellow
- 1 tablespoon brown sugar packed
- 2 teaspoons worcestershire sauce
- 0.3 teaspoon salt

- 0.3 teaspoon pepper freshly ground
- 0.1 teaspoon ground ginger
- 1 clove garlic smashed
- 1 Dash hot sauce red
- 3 cups rotisserie chicken cut unflavored shredded ( )
- 4 portugese rolls split
- 2 cups coleslaw mix

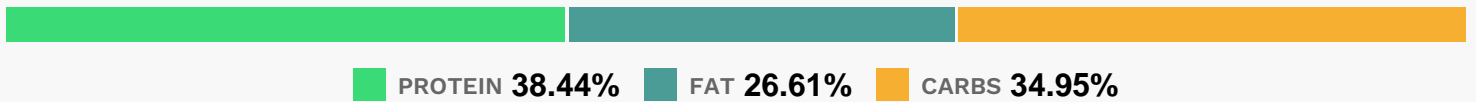
## Equipment

- sauce pan

## Directions

- In 2-quart saucepan, heat all sauce ingredients to boiling over medium heat, stirring frequently. Reduce heat to medium-low and simmer 20 minutes, stirring occasionally to prevent scorching.
- Remove garlic clove.
- Add shredded chicken to sauce and stir until chicken is evenly coated.
- Heat over low heat, stirring constantly, until chicken is hot.
- Place about 1 cup chicken mixture on bottom of each roll and top with about 1/2 cup coleslaw and bun top.

## Nutrition Facts



## Properties

Glycemic Index:62.75, Glycemic Load:23.62, Inflammation Score:-1, Nutrition Score:7.8230435692746%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 573.17kcal (28.66%), Fat: 17.03g (26.2%), Saturated Fat: 3.89g (24.31%), Carbohydrates: 50.32g (16.77%), Net Carbohydrates: 47.91g (17.42%), Sugar: 18.37g (20.41%), Cholesterol: 170.34mg (56.78%), Sodium: 1459.55mg (63.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.34g (110.68%), Iron: 11.29mg (62.75%), Vitamin K: 27.86µg (26.53%), Vitamin C: 14.71mg (17.83%), Manganese: 0.2mg (10.02%), Fiber: 2.41g (9.64%), Potassium: 197.11mg (5.63%), Vitamin B6: 0.11mg (5.36%), Folate: 18.6µg (4.65%), Selenium: 3.1µg (4.44%), Vitamin B2: 0.07mg (4.34%), Calcium: 39.65mg (3.97%), Vitamin A: 196.71IU (3.93%), Vitamin E: 0.52mg (3.47%), Magnesium: 13.76mg (3.44%), Vitamin B3: 0.59mg (2.95%), Phosphorus: 29.27mg (2.93%), Vitamin B1: 0.04mg (2.84%), Copper: 0.05mg (2.62%), Zinc: 0.21mg (1.38%), Vitamin B5: 0.12mg (1.21%)