



Pulled Chicken with Cherry-Chile Barbecue Sauce

 Dairy Free

READY IN



2760 min.

SERVINGS



4

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 hawaiian rolls warmed for serving
- ☐ 29 ounce tomatoes diced no salt added for another use canned (you'll only use)
- ☐ 1.3 teaspoons chili powder divided
- ☐ 1 tablespoon chipotles in adobo canned
- ☐ 0.3 cup apple cider vinegar
- ☐ 2 teaspoons coarse salt divided
- ☐ 1 tablespoon ginger fresh peeled chopped (one 1 1/2-inch piece)

- ☐ 1 teaspoon jalapeno fresh minced (seeds and membranes removed)
- ☐ 2 teaspoons brown sugar light
- ☐ 0.3 cup blackstrap molasses
- ☐ 15 pepper black divided
- ☐ 0.5 cup shallots coarsely chopped (1 large)
- ☐ 3 pounds chicken thighs bone-in skinless trimmed (8)
- ☐ 4 cups cherries dark fresh sweet pitted (3 cups afterwards)
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ stove
- ☐ microwave
- ☐ slow cooker
- ☐ tongs
- ☐ cutting board

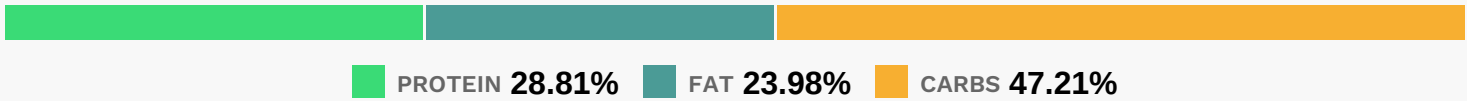
Directions

- ☐ Heat the oil in a large heavy saucepan over medium-high heat. When hot, add the shallots, ginger, and jalapeño and sauté until softened, about 2 minutes.
- ☐ Add the cherries, tomatoes, molasses, vinegar, chipotle, 1 tablespoon mustard, 3/4 teaspoon chile powder, 1 1/2 teaspoons salt, and 5 grinds pepper, and bring to a boil over high heat. Reduce to a simmer over medium heat, and cook until aromatic and thickened, about 5 minutes.
- ☐ Remove from the heat and carefully transfer half to a blender; purée until smooth, about 20 seconds. Purée the second half until smooth (you should have about 5 1/4 cups). Set aside.
- ☐ Meanwhile, mix 2 tablespoons mustard, 1/2 teaspoon chile powder, 1/2 teaspoons salt, 10 grinds pepper, and the brown sugar in a large bowl; add the chicken and mix well with your

hands.

- ☐ Put the chicken in the bottom of the slow cooker and pour 1 1/2 cups of the barbecue sauce on top (reserve the remainder for serving and extras). Cover and cook on low until the meat is cooked through and tender, 4 to 4 1/2 hours.
- ☐ Use tongs to transfer the chicken to a cutting board and carefully use a fork to separate the meat from the bones, discarding the bones (you should have about 4 cups meat).
- ☐ To serve, stir together 1 cup of the remaining sauce and the shredded meat, and reheat in the microwave or on the stovetop. Spoon some meat and sauce onto the bottom half of each bun, cover with the top bun, and serve.
- ☐ Reprinted with permission from Year-Round Slow Cooker by Dina Cheney, © 2013 Taunton Press

Nutrition Facts



Properties

Glycemic Index:69.25, Glycemic Load:25.8, Inflammation Score:-8, Nutrition Score:37.96304371046%

Flavonoids

Cyanidin: 41.69mg, Cyanidin: 41.69mg, Cyanidin: 41.69mg, Cyanidin: 41.69mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg Catechin: 6.02mg, Catechin: 6.02mg, Catechin: 6.02mg, Catechin: 6.02mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 653.41kcal (32.67%), Fat: 17.69g (27.22%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 78.37g (26.12%), Net Carbohydrates: 70.09g (25.49%), Sugar: 46.15g (51.27%), Cholesterol: 193.91mg (64.64%), Sodium: 1874.69mg (81.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.84g (95.68%), Selenium: 62.51µg (89.29%), Vitamin B3: 15.27mg (76.37%), Vitamin B6: 1.51mg (75.36%), Manganese: 1.47mg (73.47%), Phosphorus: 527.43mg (52.74%), Potassium: 1737.79mg (49.65%), Iron: 7.58mg (42.1%), Vitamin C: 33.27mg (40.33%), Magnesium: 161.05mg (40.26%), Vitamin B2: 0.67mg (39.29%), Vitamin B1: 0.58mg (38.66%), Vitamin K: 36.62µg (34.87%), Fiber: 8.28g

(33.14%), Vitamin B5: 3.29mg (32.9%), Copper: 0.58mg (28.9%), Zinc: 4.07mg (27.13%), Calcium: 238.6mg (23.86%), Vitamin B12: 1.39µg (23.21%), Folate: 81.96µg (20.49%), Vitamin E: 2.87mg (19.15%), Vitamin A: 598.88IU (11.98%)