



Pulled Whisky Chicken BLT Sandwiches

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



922 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 slices smoky bacon
- 1 teaspoon peppercorns whole black
- 6 servings bread and butter pickles sliced for serving
- 2 tablespoons brown sugar
- 1 carrots peeled coarsely chopped
- 2 ribs celery coarsely chopped
- 2 tablespoons cider vinegar
- 2 tablespoons dijon mustard

- 1 tablespoon evoo
- 1 large bay leaf fresh
- 2 cloves garlic crushed
- 2 cloves garlic finely chopped
- 1 cup catsup organic
- 1 optional: lemon sliced
- 6 servings lettuce for serving
- 2 tablespoons amber grade a maple syrup dark
- 1 onion peeled quartered
- 6 servings herb bundle of parsley fresh
- 6 servings coarse pepper black
- 6 servings onion red sliced for serving
- 6 servings salt
- 2 large shallots finely chopped
- 6 servings rolls plain split hard seeded (or)
- 6 servings tomatoes sliced for serving
- 2 shots bourbon whiskey
- 1 meat from a rotisserie chicken whole
- 2 tablespoons worcestershire sauce

Equipment

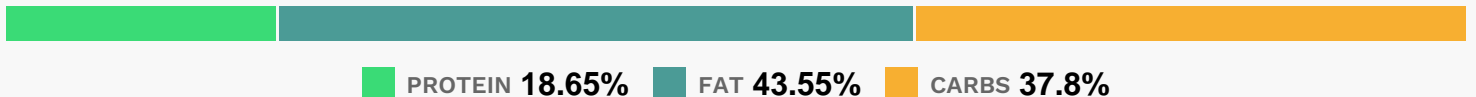
- frying pan
- baking sheet
- oven
- pot

Directions

- Heat the EVOO in a skillet over medium-high heat.
- Add the garlic and shallots, stir and cook to soften, 3 minutes.

- Add the ketchup, stock, mustard, Worcestershire, sugar, syrup, vinegar, whiskey and some black pepper. Stir and simmer to thicken, 20 minutes.
- Add the Pulled Chicken to the sauce and simmer to thicken, 20 minutes. Cool and store in the refrigerator for a make-ahead meal.
- To serve, bake the bacon at 375 degrees F until crisp on a slotted pan or metal rack set into a baking sheet, for the fat to drain. Warm the saucy chicken, adding a little stock or water to loosen if necessary.
- Serve the chicken on the rolls with the bacon, lettuce, onions, tomatoes and pickles.
- Place the chicken in a large stockpot.
- Add the peppercorns, celery, garlic, bay leaf, garlic, carrots, lemons, onions and the herb bundle tied with string.
- Sprinkle with salt. Cover the chicken with water and bring to a boil, reduce the heat to low, a rolling simmer. Simmer 1 hour to 1 hour 15 minutes, then cool the chicken in its stock. Strain the stock, discarding the vegetables and reserve the stock for a later use.
- Remove the chicken in large pieces from the skin and bones.
- Cut half of the meat into bite-size chunks, reserving for a later use. Thinly slice or pull the remaining meat.

Nutrition Facts



Properties

Glycemic Index:111.58, Glycemic Load:35.87, Inflammation Score:-10, Nutrition Score:38.746521700983%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 1.32mg, Naringenin: 1.32mg, Naringenin: 1.32mg, Naringenin: 1.32mg Apigenin: 9.12mg, Apigenin: 9.12mg, Apigenin: 9.12mg, Apigenin: 9.12mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

Nutrients (% of daily need)

Calories: 922.47kcal (46.12%), Fat: 43.28g (66.58%), Saturated Fat: 11.97g (74.8%), Carbohydrates: 84.53g (28.18%), Net Carbohydrates: 76.8g (27.93%), Sugar: 32.14g (35.71%), Cholesterol: 124.26mg (41.42%), Sodium: 1532.85mg (66.65%), Alcohol: 5.32g (100%), Alcohol %: 0.97% (100%), Protein: 41.72g (83.43%), Vitamin K: 114.07µg (108.64%), Vitamin A: 4459.71IU (89.19%), Iron: 15.09mg (83.84%), Vitamin B3: 14.08mg (70.4%), Vitamin C: 50.24mg (60.89%), Manganese: 1.14mg (57%), Selenium: 38µg (54.29%), Vitamin B6: 0.96mg (48.18%), Phosphorus: 394.28mg (39.43%), Potassium: 1297.5mg (37.07%), Vitamin B1: 0.48mg (31.88%), Fiber: 7.73g (30.94%), Vitamin B2: 0.51mg (29.92%), Folate: 110.2µg (27.55%), Magnesium: 90.29mg (22.57%), Zinc: 3.27mg (21.82%), Vitamin B5: 2.09mg (20.92%), Vitamin E: 2.88mg (19.17%), Copper: 0.36mg (17.84%), Calcium: 151.74mg (15.17%), Vitamin B12: 0.61µg (10.23%), Vitamin D: 0.43µg (2.87%)