



## Saucy Shredded Barbecue Chicken

 Dairy Free

READY IN



480 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 oz barbecue sauce your favorite
- 1 lbs chicken breast boneless skinless frozen
- 4 hawaiian rolls

### Equipment

- slow cooker

### Directions

- In a crockpot spray the bottom and side with cooking spray.
- Add your chicken and barbecue sauce. Cook on low for 8–10 hours or on high for 4–5 hours. During the last hour of cooking, I like to shred the chicken with two forks. Just pull them apart. The chicken should shred very easily.

## Nutrition Facts



### Properties

Glycemic Index:15.5, Glycemic Load:12.88, Inflammation Score:-4, Nutrition Score:17.515652173913%

### Nutrients (% of daily need)

Calories: 395.53kcal (19.78%), Fat: 5.15g (7.93%), Saturated Fat: 1.04g (6.52%), Carbohydrates: 56.24g (18.75%), Net Carbohydrates: 54.7g (19.89%), Sugar: 31.37g (34.85%), Cholesterol: 72.57mg (24.19%), Sodium: 1219.96mg (53.04%), Protein: 28.97g (57.95%), Vitamin B3: 14.13mg (70.66%), Selenium: 49.09µg (70.13%), Vitamin B6: 0.94mg (47.01%), Phosphorus: 298.58mg (29.86%), Vitamin B1: 0.33mg (21.71%), Potassium: 669.35mg (19.12%), Manganese: 0.36mg (18.1%), Vitamin B5: 1.76mg (17.55%), Vitamin B2: 0.29mg (16.98%), Iron: 2.44mg (13.55%), Magnesium: 50.43mg (12.61%), Folate: 46.66µg (11.66%), Calcium: 95.66mg (9.57%), Zinc: 1.12mg (7.44%), Copper: 0.14mg (6.94%), Vitamin E: 1.01mg (6.75%), Fiber: 1.54g (6.16%), Vitamin B12: 0.31µg (5.21%), Vitamin A: 224.96IU (4.5%), Vitamin K: 3.82µg (3.64%), Vitamin C: 2.43mg (2.95%)