



Seasoned Shredded Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



35 min.

SERVINGS



5

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 chicken bouillon cubes
- 6 chicken breasts bone-in skinless
- 5 servings salt and seasoned pepper to taste

Equipment

- sauce pan

Directions

- Bring chicken, water to cover, and bouillon cubes to a boil over high heat in a large saucepan. Reduce heat, and simmer 20 to 25 minutes or until chicken is done.
- Remove chicken from broth, and cool slightly; pull meat from bones, and shred with a fork, discarding bones.
- Sprinkle with salt and seasoned pepper to taste.
- Place in quart-size zip-top plastic freezer bags, and freeze up to 1 month. Thaw in refrigerator overnight.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:22.686956545581%

Nutrients (% of daily need)

Calories: 321.98kcal (16.1%), Fat: 7.69g (11.83%), Saturated Fat: 1.7g (10.64%), Carbohydrates: 0.86g (0.29%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.83g (0.93%), Cholesterol: 174.19mg (58.06%), Sodium: 1654.38mg (71.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.38g (116.75%), Vitamin B3: 28.4mg (142.02%), Selenium: 88.13µg (125.9%), Vitamin B6: 2.04mg (101.8%), Phosphorus: 577.49mg (57.75%), Vitamin B5: 3.89mg (38.93%), Potassium: 1018.31mg (29.09%), Magnesium: 73.21mg (18.3%), Vitamin B2: 0.29mg (17.17%), Vitamin B1: 0.18mg (11.89%), Zinc: 1.58mg (10.52%), Vitamin B12: 0.56µg (9.28%), Iron: 1.05mg (5.86%), Vitamin C: 3.31mg (4.01%), Copper: 0.07mg (3.67%), Vitamin E: 0.54mg (3.58%), Folate: 12.38µg (3.1%), Manganese: 0.05mg (2.42%), Calcium: 22.66mg (2.27%), Vitamin D: 0.27µg (1.81%), Vitamin A: 81.46IU (1.63%)