



Shredded, Saucy BBQ Chicken Sammies

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



329 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bottle mexican beer
- 6 slices bread and butter pickles sweet chopped
- 1 cup chicken stock see
- 3 tablespoons brown sugar dark
- 2 cloves garlic chopped
- 2 tablespoons grill seasoning blend (recommended: Montreal Steak Seasoning, by McCormick)
- 1 tablespoon hot sauce (recommended: Tabasco)
- 2 tablespoons olive oil extra-virgin

- 1 medium onion peeled finely chopped
- 1 large deli pickle sour chopped
- 4 pieces chicken breast boneless skinless
- 6 sammy buns split such as soft burger rolls, soft
- 4 tablespoons tomato paste
- 2 tablespoons worcestershire sauce

Equipment

- bowl
- frying pan
- ladle

Directions

- Watch how to make this recipe.
- Bring liquids to a simmer in a small to medium skillet and slide in the chicken breast meat. Gently poach the chicken 10 minutes, turning once about after 5 minutes.
- While chicken poaches, heat a second medium skillet over medium low heat. To hot skillet, add extra-virgin olive oil and garlic and onion and gently saute until chicken is ready to come out of poaching liquids.
- Combine the next 5 ingredients in a medium bowl and reserve.
- When the chicken has cooked through, add 2 ladles of the cooking liquid to the bowl, combining with the sauces, spices, brown sugar and tomato paste. Once the liquids and seasonings are combined, remove chicken, slice it, and transfer to the medium bowl. Using 2 forks, shred the chicken and combine with the liquids.
- Add the shredded chicken to the onions and garlic and combine well. Simmer together 5 to 10 minutes, using extra cooking liquids to make your chicken as saucy as you like.
- Combine sour and sweet pickles in a small bowl. Split rolls and fill with scoops of shredded chicken. Top with pickle relish and serve.

Nutrition Facts



■ PROTEIN 12.12% ■ FAT 23.86% ■ CARBS 64.02%

Properties

Glycemic Index:43.86, Glycemic Load:22.02, Inflammation Score:-6, Nutrition Score:13.650434820548%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 329.23kcal (16.46%), Fat: 8.39g (12.91%), Saturated Fat: 1.42g (8.85%), Carbohydrates: 50.66g (16.89%), Net Carbohydrates: 47.62g (17.31%), Sugar: 14.2g (15.77%), Cholesterol: 1.63mg (0.54%), Sodium: 805.14mg (35.01%), Alcohol: 2.21g (100%), Alcohol %: 1.16% (100%), Protein: 9.59g (19.17%), Manganese: 0.76mg (37.78%), Selenium: 22.19µg (31.7%), Vitamin B1: 0.4mg (26.77%), Vitamin B3: 4.83mg (24.14%), Iron: 3.86mg (21.42%), Vitamin K: 22.26µg (21.2%), Folate: 78.72µg (19.68%), Vitamin B2: 0.29mg (17.29%), Calcium: 146.98mg (14.7%), Phosphorus: 125.14mg (12.51%), Fiber: 3.05g (12.18%), Potassium: 381.44mg (10.9%), Vitamin B6: 0.2mg (10.11%), Magnesium: 39.05mg (9.76%), Copper: 0.19mg (9.69%), Vitamin C: 7.7mg (9.33%), Vitamin E: 1.37mg (9.13%), Zinc: 0.86mg (5.75%), Vitamin A: 249.77IU (5%), Vitamin B5: 0.33mg (3.28%), Vitamin B12: 0.1µg (1.64%)