



Slow-cooked Barbecued Chicken

 Dairy Free

READY IN



320 min.

SERVINGS



6

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 tablespoons bourbon
- ☐ 0.3 cup brown sugar light packed
- ☐ 3 lb chicken whole
- ☐ 0.5 cup coca-cola soft
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 cup catsup
- ☐ 1 optional: lemon sliced

- ☐ 1.5 teaspoons paprika
- ☐ 0.5 teaspoon pepper
- ☐ 2 teaspoons salt

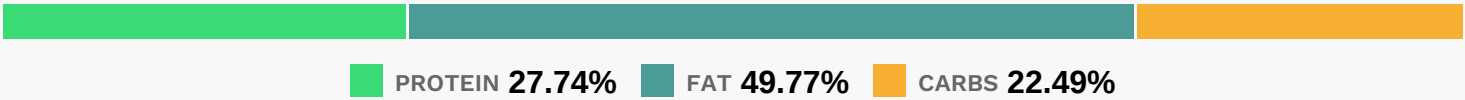
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Stir together first 4 ingredients in a small bowl.
- ☐ Sprinkle over chicken.
- ☐ Place chicken in a single layer in a lightly greased 6-qt. slow cooker.
- ☐ Whisk together cola soft drink and next 4 ingredients in a small bowl. Slowly pour mixture between chicken pieces (to avoid removing spices from chicken).
- ☐ Place lemon slices in a single layer on top of chicken.
- ☐ Cover and cook on HIGH 5 hours (or on LOW 6 1/2 to 7 1/2 hours) or until done.
- ☐ Transfer chicken pieces to a serving platter; discard lemon slices. Skim fat from pan juices in slow cooker.
- ☐ Pour pan juices over chicken; serve immediately.
- ☐ TRY THIS TWIST!
- ☐ Slow-cooked Barbecued Chicken Sandwiches: Prepare recipe as directed through Step
- ☐ Remove chicken from slow cooker, and let cool slightly (about 10 to 15 minutes). Discard lemons. Skin, bone, and shred chicken. Skim fat from pan juices, and pour over chicken.
- ☐ Serve chicken over sliced Sweet Potato Cornbread. Top with Pickled Peppers & Onions and Simple Slaw.
- ☐ Note: To make ahead, cool shredded chicken completely. Freeze in an airtight container up to 3 months.

Nutrition Facts



Properties

Glycemic Index:32.58, Glycemic Load:1.55, Inflammation Score:-4, Nutrition Score:9.3213043212891%

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: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 310.11kcal (15.51%), Fat: 16.54g (25.44%), Saturated Fat: 4.71g (29.47%), Carbohydrates: 16.81g (5.6%), Net Carbohydrates: 16.03g (5.83%), Sugar: 14.02g (15.58%), Cholesterol: 81.65mg (27.22%), Sodium: 976.83mg (42.47%), Alcohol: 1.67g (100%), Alcohol %: 1.16% (100%), Protein: 20.74g (41.48%), Vitamin B3: 7.68mg (38.39%), Selenium: 16.08µg (22.97%), Vitamin B6: 0.44mg (21.78%), Phosphorus: 172.18mg (17.22%), Vitamin C: 11.84mg (14.35%), Vitamin B5: 1.06mg (10.6%), Zinc: 1.5mg (10.02%), Vitamin B2: 0.16mg (9.61%), Vitamin A: 471.95IU (9.44%), Potassium: 301.15mg (8.6%), Iron: 1.38mg (7.64%), Magnesium: 27.41mg (6.85%), Vitamin B12: 0.34µg (5.62%), Vitamin B1: 0.08mg (5.15%), Vitamin E: 0.7mg (4.65%), Manganese: 0.09mg (4.63%), Copper: 0.08mg (4.2%), Fiber: 0.78g (3.13%), Calcium: 29.57mg (2.96%), Vitamin K: 2.71µg (2.58%), Folate: 10.19µg (2.55%), Vitamin D: 0.22µg (1.45%)