



Slow-cooked Barbecued Chicken Sandwiches

 Dairy Free

READY IN



320 min.

SERVINGS



6

CALORIES



333 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

- ☐ 6 servings onion
- ☐ 1.5 teaspoons paprika
- ☐ 0.5 teaspoon pepper
- ☐ 2 teaspoons salt
- ☐ 6 servings coleslaw mix
- ☐ 6 servings sweet potatoes and into

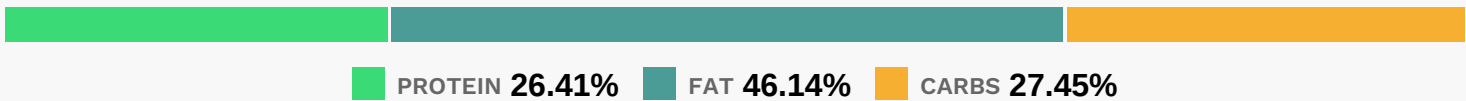
Equipment

- ☐ 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.
- ☐ 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.

Nutrition Facts



Properties

Glycemic Index:54.08, Glycemic Load:2.79, Inflammation Score:-6, Nutrition Score:10.926956529203%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 11.49mg, Quercetin: 11.49mg, Quercetin: 11.49mg, Quercetin: 11.49mg

Nutrients (% of daily need)

Calories: 333.22kcal (16.66%), Fat: 16.59g (25.53%), Saturated Fat: 4.74g (29.61%), Carbohydrates: 22.2g (7.4%), Net Carbohydrates: 20.43g (7.43%), Sugar: 16.43g (18.26%), Cholesterol: 81.65mg (27.22%), Sodium: 979.76mg (42.6%), Alcohol: 1.67g (100%), Alcohol %: 0.89% (100%), Protein: 21.37g (42.75%), Vitamin B3: 7.75mg (38.75%), Vitamin B6: 0.5mg (25.25%), Selenium: 16.36µg (23.37%), Vitamin C: 16.3mg (19.75%), Phosphorus: 188.86mg (18.89%), Vitamin A: 615.9IU (12.32%), Vitamin B5: 1.14mg (11.38%), Potassium: 386.52mg (11.04%), Zinc: 1.6mg (10.68%), Vitamin B2: 0.18mg (10.54%), Manganese: 0.17mg (8.38%), Iron: 1.5mg (8.34%), Magnesium: 33.28mg (8.32%), Fiber: 1.77g (7.09%), Vitamin B1: 0.1mg (6.93%), Vitamin B12: 0.34µg (5.62%), Copper: 0.11mg (5.35%), Folate: 21.18µg (5.3%), Vitamin E: 0.71mg (4.75%), Calcium: 42.92mg (4.29%), Vitamin K: 3.71µg (3.53%), Vitamin D: 0.22µg (1.45%)