



## Slow-Cooker Barbecue Chicken

 Gluten Free  Dairy Free

READY IN



365 min.

SERVINGS



8

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup barbecue sauce
- 2 tablespoons brown sugar packed
- 2 tablespoons cornstarch
- 0.3 cup salad dressing italian reduced-fat
- 2 tablespoons chicken broth low-sodium
- 24 ounces chicken breast boneless skinless
- 1 tablespoon worcestershire sauce

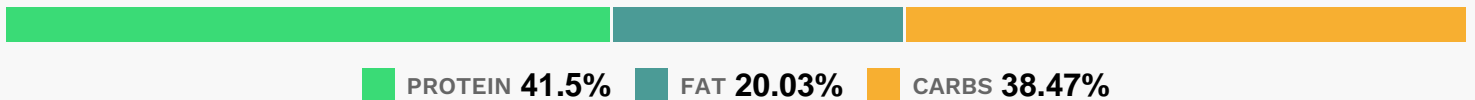
### Equipment

- bowl
- slow cooker
- cutting board

## Directions

- Put chicken in slow cooker. In a bowl, combine barbecue sauce, dressing, brown sugar and Worcestershire sauce.
- Pour over chicken. Cover and cook on low for 5 hours.
- Remove chicken to a cutting board and shred with 2 forks. In a small bowl, mix cornstarch and chicken broth. Stir into sauce in slow cooker, cover and cook until sauce is thickened and heated through, 5 to 10 minutes. Return chicken to cooker, stir, cover and continue cooking on low for 45 minutes.
- Serve chicken on whole-grain buns, over brown rice or with baked potatoes if you like.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:9.1391303513361%

## Nutrients (% of daily need)

Calories: 181.95kcal (9.1%), Fat: 3.94g (6.07%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 16.79g (6.11%), Sugar: 12.82g (14.25%), Cholesterol: 54.43mg (18.14%), Sodium: 477.52mg (20.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.39g (36.78%), Vitamin B3: 9.11mg (45.55%), Selenium: 27.81µg (39.73%), Vitamin B6: 0.66mg (33.17%), Phosphorus: 187.85mg (18.78%), Vitamin B5: 1.26mg (12.6%), Potassium: 407.33mg (11.64%), Magnesium: 26.61mg (6.65%), Vitamin B2: 0.1mg (6.11%), Vitamin K: 4.79µg (4.56%), Vitamin B1: 0.06mg (4.24%), Zinc: 0.55mg (3.69%), Iron: 0.66mg (3.65%), Vitamin E: 0.54mg (3.59%), Vitamin B12: 0.17µg (2.9%), Copper: 0.05mg (2.61%), Manganese: 0.05mg (2.59%), Calcium: 19.01mg (1.9%), Vitamin C: 1.49mg (1.8%), Vitamin A: 89.9IU (1.8%), Fiber: 0.26g (1.04%), Folate: 4.14µg (1.03%)