



## Slow-Cooker Barbecue Chicken Casserole

 Dairy Free

READY IN



400 min.

SERVINGS



6

CALORIES



507 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons canola oil
- 6 chicken breast boneless skinless
- 1 onion diced red
- 12 oz barbecue sauce
- 0.5 cup apple cider
- 0.3 cup bourbon
- 2 tablespoons brown sugar packed
- 2 tablespoons worcestershire sauce

- 6.5 oz just-add-water cornbread mix
- 1 serving cornbread for on cornbread pouches
- 1 cup corn sweet whole canned

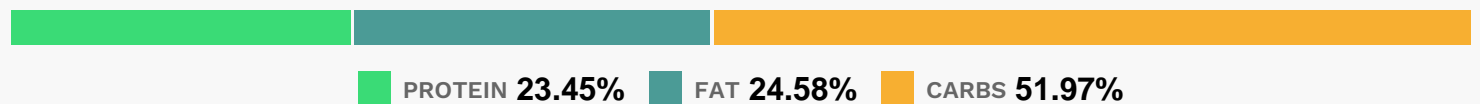
## Equipment

- frying pan
- oven
- slow cooker

## Directions

- Spray 5- to 6-quart slow cooker with cooking spray. In 10-inch skillet, heat canola oil over medium-high heat. Cook chicken in oil until brown.
- Place onion in slow cooker. Top with chicken, barbecue sauce, cider, bourbon, brown sugar and Worcestershire sauce. Cover; cook on Low heat setting 6 to 8 hours. Use fork to pull chicken apart.
- Heat oven to 400°F. Make cornbread batter as directed on pouches.
- Place chicken and sauce in 10-inch cast-iron skillet; stir in corn. Top with cornbread batter.
- Bake 15 to 20 minutes or until cornbread is starting to brown on top.

## Nutrition Facts



## Properties

Glycemic Index:13.79, Glycemic Load:1.27, Inflammation Score:-5, Nutrition Score:17.769565167634%

## Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

## Nutrients (% of daily need)

Calories: 506.52kcal (25.33%), Fat: 13.06g (20.09%), Saturated Fat: 2.4g (14.99%), Carbohydrates: 62.13g (20.71%), Net Carbohydrates: 59.04g (21.47%), Sugar: 33.79g (37.54%), Cholesterol: 78.63mg (26.21%), Sodium: 1143.05mg (49.7%), Alcohol: 3.34g (100%), Alcohol %: 1.42% (100%), Protein: 28.03g (56.07%), Vitamin B3: 13.63mg (68.13%), Selenium: 39.67µg (56.68%), Vitamin B6: 0.96mg (48.2%), Phosphorus: 458.82mg (45.88%), Potassium: 724.13mg (20.69%), Vitamin B5: 1.95mg (19.46%), Vitamin B1: 0.26mg (17.09%), Vitamin B2: 0.27mg (15.62%), Manganese: 0.26mg (13.19%), Magnesium: 52.49mg (13.12%), Folate: 50.94µg (12.74%), Fiber: 3.09g (12.35%), Iron: 2.18mg (12.13%), Vitamin E: 1.6mg (10.64%), Zinc: 1.11mg (7.43%), Calcium: 71.04mg (7.1%), Copper: 0.14mg (6.87%), Vitamin K: 6.61µg (6.29%), Vitamin C: 4.43mg (5.37%), Vitamin B12: 0.28µg (4.61%), Vitamin A: 217.86IU (4.36%)