



Slow-Cooker Barbecue Chicken Casserole

 Dairy Free

READY IN



400 min.

SERVINGS



6

CALORIES



800 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup apple cider
- 12 oz barbecue sauce
- 0.3 cup bourbon
- 2 tablespoons brown sugar packed
- 2 tablespoons canola oil
- 13 oz just-add-water cornbread mix
- 6 servings cornbread for on cornbread pouches
- 1 onion diced red

- 6 chicken breast boneless skinless
- 1 cup corn sweet whole canned
- 2 tablespoons worcestershire sauce

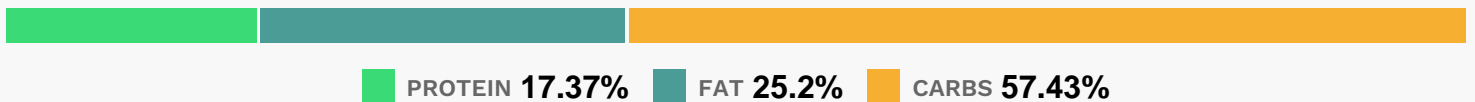
Equipment

- 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 400F. 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:-7, Nutrition Score:24.959564913874%

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: 799.89kcal (39.99%), Fat: 21.59g (33.22%), Saturated Fat: 5.21g (32.58%), Carbohydrates: 110.72g (36.91%), Net Carbohydrates: 104.49g (38%), Sugar: 48.03g (53.37%), Cholesterol: 107.75mg (35.92%), Sodium: 1693.47mg (73.63%), Alcohol: 3.34g (100%), Alcohol %: 1.12% (100%), Protein: 33.48g (66.96%), Phosphorus: 804.51mg (80.45%), Vitamin B3: 15.65mg (78.27%), Selenium: 45.74µg (65.35%), Vitamin B6: 1.05mg (52.29%), Vitamin B1: 0.48mg (32.17%), Folate: 107µg (26.75%), Vitamin B2: 0.44mg (25.68%), Fiber: 6.23g (24.94%), Vitamin B5: 2.38mg (23.84%), Potassium: 825.33mg (23.58%), Manganese: 0.47mg (23.58%), Iron: 3.88mg (21.54%), Magnesium: 68.36mg (17.09%), Calcium: 156.05mg (15.6%), Vitamin E: 1.9mg (12.66%), Zinc: 1.63mg (10.83%), Copper: 0.2mg (10%), Vitamin K: 10µg (9.52%), Vitamin B12: 0.42µg (6.99%), Vitamin A: 336.18IU (6.72%), Vitamin C: 4.51mg (5.47%)