



## Slow Cooker Barbeque Chicken

 Gluten Free  Dairy Free

READY IN



250 min.

SERVINGS



4

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 18 ounce barbeque sauce sweet (such as Baby Ray's®)
- 0.3 cup brown sugar
- 1 teaspoon garlic powder
- 0.5 teaspoon pepper flakes red
- 4 chicken breast halves boneless skinless
- 0.3 cup distilled vinegar white

### Equipment

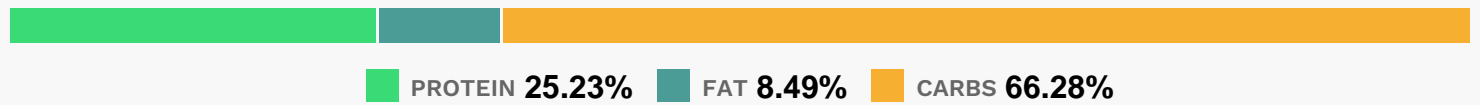
- bowl

- whisk
- slow cooker

## Directions

- Put chicken breast halves in a slow cooker.
- Whisk barbeque sauce, vinegar, brown sugar, garlic powder, and red pepper flakes together in a bowl until the sugar dissolves; pour over the chicken.
- Cook on Low for 4 to 6 hours.

## Nutrition Facts



## Properties

Glycemic Index:13.75, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:14.505652381026%

## Nutrients (% of daily need)

Calories: 406.55kcal (20.33%), Fat: 3.77g (5.8%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 66.21g (22.07%), Net Carbohydrates: 64.91g (23.6%), Sugar: 55.73g (61.93%), Cholesterol: 72.32mg (24.11%), Sodium: 1453.8mg (63.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.21g (50.42%), Vitamin B3: 12.6mg (62.99%), Selenium: 38.29µg (54.7%), Vitamin B6: 0.97mg (48.27%), Phosphorus: 267.86mg (26.79%), Potassium: 746.5mg (21.33%), Vitamin B5: 1.85mg (18.45%), Magnesium: 48.31mg (12.08%), Vitamin B2: 0.19mg (11.05%), Manganese: 0.21mg (10.34%), Vitamin E: 1.34mg (8.9%), Iron: 1.42mg (7.9%), Vitamin A: 393.79IU (7.88%), Vitamin B1: 0.11mg (7.04%), Copper: 0.14mg (6.81%), Calcium: 61.54mg (6.15%), Zinc: 0.91mg (6.07%), Fiber: 1.3g (5.21%), Vitamin B12: 0.23µg (3.77%), Vitamin K: 2.79µg (2.66%), Vitamin C: 2.13mg (2.58%), Folate: 7.63µg (1.91%)