



Slow-Cooker Big and Spicy Chicken Hoagies



Dairy Free

READY IN



495 min.

SERVINGS



8

CALORIES



406 kcal

Ingredients

- ☐ 3 tablespoons walkerswood jamaican jerk seasoning
- ☐ 0.5 cup chicken broth (from 32-oz carton)
- ☐ 0.3 cup catsup
- ☐ 1 cup onion chopped
- ☐ 1.5 cups bell pepper green red chopped
- ☐ 3 pounds chicken thighs boneless skinless
- ☐ 8 portugese rolls split

Equipment

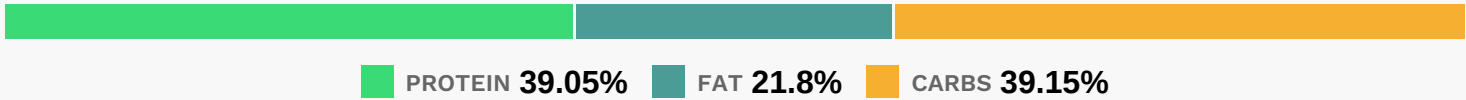
- ☐ bowl

- ☐ slotted spoon
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Rub jerk seasoning generously over chicken.
- ☐ Place bell pepper and onion in bottom of 3 1/2- to 4-quart slow cooker.
- ☐ Place chicken over vegetables.
- ☐ Mix broth and ketchup in small bowl; pour over chicken.
- ☐ Cover and cook on low heat setting 6 to 8 hours.
- ☐ Remove chicken from cooker; place on cutting board. Shred chicken, using 2 forks. Return chicken to cooker and mix well. Using slotted spoon to remove chicken mixture from cooker, fill buns with chicken mixture.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:23.46, Inflammation Score:-7, Nutrition Score:21.115652063619%

Flavonoids

Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 406.16kcal (20.31%), Fat: 9.73g (14.96%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 39.29g (13.1%), Net Carbohydrates: 36.35g (13.22%), Sugar: 7.73g (8.58%), Cholesterol: 161.89mg (53.96%), Sodium: 617.26mg (26.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.19g (78.39%), Iron: 12.7mg (70.57%), Selenium: 39.27µg (56.09%), Vitamin B3: 10.14mg (50.72%), Vitamin B6: 0.92mg (45.91%), Phosphorus: 341.01mg (34.1%), Vitamin C: 24.27mg (29.42%), Vitamin A: 1072.86IU (21.46%), Vitamin B2: 0.36mg (21.39%), Vitamin B5: 2.12mg (21.25%), Zinc: 2.81mg (18.72%), Vitamin B12: 1.09µg (18.19%), Potassium: 577.05mg (16.49%), Vitamin B1: 0.19mg (12.64%), Magnesium: 49.51mg (12.38%), Fiber: 2.95g (11.79%), Vitamin E: 1.67mg (11.15%), Vitamin K: 10.48µg (9.98%), Copper: 0.16mg (8%), Manganese: 0.15mg (7.61%), Calcium: 40.71mg (4.07%), Folate: 14.91µg (3.73%)