



Slow-Cooker Buffalo Chicken Sandwiches

READY IN



440 min.

SERVINGS



12

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.4 lb chicken thighs boneless skinless (14 thighs)
- ☐ 1.8 cups sauce of the chicken from the turbo broiler
- ☐ 1 cucumber english seedless ()
- ☐ 12 large sandwich rolls split
- ☐ 0.8 cup cheese blue crumbled

Equipment

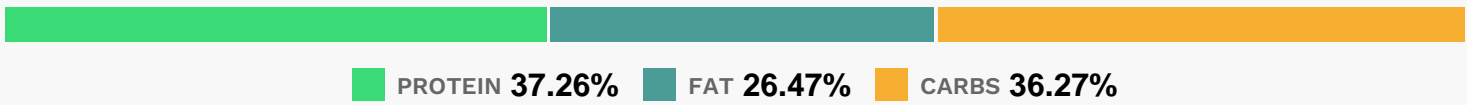
- ☐ bowl
- ☐ sieve

- ☐ slow cooker
- ☐ peeler

Directions

- ☐ Spray 3 1/2- to 4-quart slow cooker with cooking spray.
- ☐ Place chicken in cooker.
- ☐ Pour 1 cup of the Buffalo wing sauce over chicken. Cover; cook on Low heat setting 7 to 8 hours.
- ☐ Remove chicken from cooker; place in medium bowl.
- ☐ Place strainer over another medium bowl. Strain juices from cooker; skim fat from juices. Reserve 1 1/2 cups juices. Stir chicken to separate into pieces. Return chicken to cooker; stir in reserved juices. Increase heat setting to High. Cover; cook about 15 minutes or until thoroughly heated.
- ☐ Meanwhile, cut cucumber in half crosswise. With vegetable peeler, cut 1 strip of peel lengthwise from 1 cucumber half; discard strip that is mostly peel. Continue cutting thin strips lengthwise from cucumber, making about 18 strips. Repeat with other half of cucumber. Set strips aside.
- ☐ Fill each bun with 1/2 cup chicken mixture, about 3 strips of cucumber, 1 tablespoon of the remaining wing sauce and 1 tablespoon blue cheese.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:17.639130567727%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 351.23kcal (17.56%), Fat: 10.1g (15.55%), Saturated Fat: 3.24g (20.23%), Carbohydrates: 31.14g (10.38%), Net Carbohydrates: 29.71g (10.8%), Sugar: 1.47g (1.63%), Cholesterol: 126.62mg (42.21%), Sodium: 1593.41mg (69.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32g (64%), Selenium: 52.2µg (74.58%), Vitamin B3:

9.6mg (48%), Phosphorus: 332.45mg (33.24%), Vitamin B6: 0.61mg (30.37%), Vitamin B2: 0.46mg (26.83%), Vitamin B1: 0.4mg (26.37%), Vitamin B5: 1.96mg (19.64%), Zinc: 2.73mg (18.23%), Iron: 2.98mg (16.55%), Folate: 64µg (16%), Vitamin B12: 0.91µg (15.22%), Manganese: 0.3mg (15.15%), Magnesium: 49.71mg (12.43%), Potassium: 430.15mg (12.29%), Calcium: 114.1mg (11.41%), Copper: 0.18mg (8.87%), Vitamin K: 8.32µg (7.92%), Fiber: 1.44g (5.74%), Vitamin E: 0.5mg (3.31%), Vitamin A: 121.02IU (2.42%)