



Slow Cooker Buffalo Chicken Sandwiches

READY IN



435 min.

SERVINGS



6

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 17.5 fluid ounce buffalo wing sauce divided
- ☐ 2 tablespoons butter
- ☐ 1 ounce ranch salad dressing mix dry
- ☐ 4 chicken breast halves boneless skinless
- ☐ 6 hoagie rolls split

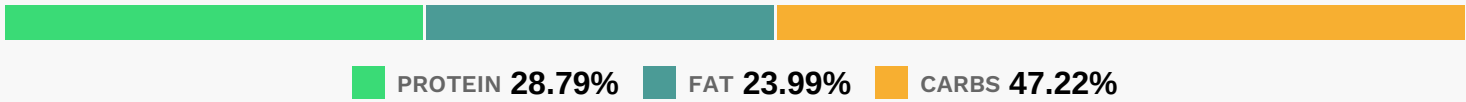
Equipment

- ☐ slow cooker

Directions

- ☐ Place the chicken breasts into a slow cooker, and pour in 3/4 of the wing sauce and the ranch dressing mix. Cover, and cook on Low for 6 to 7 hours.
- ☐ Once the chicken has cooked, add the butter, and shred the meat finely with two forks. Pile the meat onto the hoagie rolls, and splash with the remaining buffalo wing sauce to serve.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:22.96, Inflammation Score:-2, Nutrition Score:9.9991304537524%

Nutrients (% of daily need)

Calories: 305.72kcal (15.29%), Fat: 7.94g (12.21%), Saturated Fat: 2.83g (17.66%), Carbohydrates: 35.15g (11.72%), Net Carbohydrates: 34.08g (12.39%), Sugar: 4.33g (4.82%), Cholesterol: 58.25mg (19.42%), Sodium: 3408.58mg (148.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.43g (42.86%), Iron: 10.93mg (60.72%), Vitamin B3: 7.86mg (39.3%), Selenium: 24.15µg (34.5%), Vitamin B6: 0.56mg (28.22%), Phosphorus: 159.32mg (15.93%), Vitamin B5: 1.08mg (10.79%), Potassium: 279.85mg (8%), Magnesium: 19.68mg (4.92%), Vitamin B2: 0.08mg (4.52%), Fiber: 1.07g (4.26%), Vitamin B1: 0.05mg (3.23%), Zinc: 0.44mg (2.94%), Vitamin A: 139.22IU (2.78%), Vitamin B12: 0.16µg (2.64%), Vitamin E: 0.25mg (1.68%), Calcium: 11.28mg (1.13%), Vitamin C: 0.9mg (1.1%), Copper: 0.02mg (1.02%)