



Slow-Cooker Teriyaki Barbecued Chicken Sandwiches

 Dairy Free

READY IN



370 min.

SERVINGS



10

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 40 ounces chicken thighs boneless skinless (24 thighs)
- ☐ 1 ounce suya seasoning mix
- ☐ 0.5 cup catsup
- ☐ 0.3 cup sauce
- ☐ 2.5 cups coleslaw mix
- ☐ 10 portugese rolls

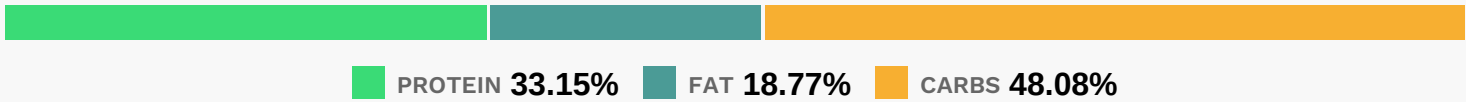
Equipment

☐ slow cooker

Directions

- ☐ Place chicken in 3 1/2- to 4-quart slow cooker.
- ☐ Mix seasoning mix (dry), ketchup and stir-fry sauce; pour over chicken.
- ☐ Cover and cook on low heat setting 6 to 7 hours or until juice of chicken is no longer pink when centers of thickest pieces are cut and chicken is tender.
- ☐ Pull chicken into shreds, using 2 forks. Stir well to mix chicken with sauce. To serve, place 1/4 cup coleslaw mix on roll and top with chicken. Chicken mixture will hold on low heat setting up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:12.2, Glycemic Load:23.25, Inflammation Score:-3, Nutrition Score:15.721739375073%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 339.41kcal (16.97%), Fat: 7.02g (10.8%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 40.45g (13.48%), Net Carbohydrates: 37.71g (13.71%), Sugar: 8.93g (9.92%), Cholesterol: 107.73mg (35.91%), Sodium: 577.12mg (25.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.89g (55.79%), Iron: 12.72mg (70.69%), Selenium: 25.89µg (36.99%), Vitamin B3: 6.68mg (33.39%), Vitamin K: 34.57µg (32.93%), Vitamin B6: 0.57mg (28.74%), Phosphorus: 223.92mg (22.39%), Vitamin B5: 1.43mg (14.3%), Vitamin B2: 0.24mg (14.27%), Zinc: 1.85mg (12.35%), Vitamin B12: 0.73µg (12.1%), Fiber: 2.74g (10.97%), Potassium: 377.02mg (10.77%), Manganese: 0.2mg (9.97%), Magnesium: 37.4mg (9.35%), Vitamin C: 6.96mg (8.44%), Vitamin B1: 0.12mg (7.94%), Calcium: 70.67mg (7.07%), Vitamin E: 0.92mg (6.15%), Folate: 19.86µg (4.96%), Copper: 0.09mg (4.75%), Vitamin A: 154.15IU (3.08%)