



Slow-Cooker Tuscan-Style Chicken Sandwiches

 Dairy Free

READY IN



440 min.

SERVINGS



6

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb chicken thighs boneless skinless (6)
- 2 garlic clove minced
- 0.5 cup roasted peppers red cut into bite-sized strips (from a jar)
- 0.5 teaspoon salt
- 0.3 cup mayonnaise
- 3 tablespoons basil pesto
- 10 inch flat parsely italian (flat bread)

6 slices tomatoes

Equipment

bowl

slotted spoon

slow cooker

Directions

Place chicken thighs in 3 1/2 or 4-quart slow cooker.

Sprinkle with garlic, roasted pepper strips and salt.

Cover; cook on Low setting for 6 to 7 hours.

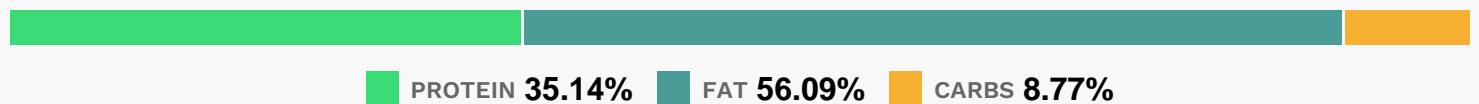
Just before serving, remove chicken from slow cooker; place on large plate. Shred chicken with 2 forks; return to slow cooker and mix well.

In small bowl, combine mayonnaise and pesto; blend well.

Cut focaccia into 6 wedges; split each in half.

Spread cut sides with mayonnaise mixture. With slotted spoon, place about 1/3 cup chicken mixture onto bottom half of each focaccia wedge. Top each with tomato slice and top half of focaccia.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:2.59, Inflammation Score:-4, Nutrition Score:10.363043510072%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 225.04kcal (11.25%), Fat: 13.78g (21.21%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 4.15g (1.51%), Sugar: 1.01g (1.13%), Cholesterol: 94.29mg (31.43%), Sodium: 591.21mg (25.7%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.43g (38.86%), Selenium: 21.75µg (31.07%), Vitamin B3: 5.6mg (28%), Vitamin B6: 0.48mg (23.87%), Phosphorus: 193.12mg (19.31%), Vitamin K: 20.1µg (19.15%), Vitamin B5: 1.2mg (12.01%), Vitamin C: 9.44mg (11.44%), Vitamin B2: 0.18mg (10.76%), Zinc: 1.56mg (10.43%), Vitamin B12: 0.62µg (10.27%), Vitamin A: 465.61IU (9.31%), Potassium: 323.54mg (9.24%), Vitamin B1: 0.11mg (7.48%), Magnesium: 27.44mg (6.86%), Iron: 1.06mg (5.91%), Manganese: 0.1mg (5.14%), Copper: 0.1mg (4.8%), Vitamin E: 0.62mg (4.15%), Calcium: 34.38mg (3.44%), Folate: 11.21µg (2.8%), Fiber: 0.7g (2.79%)