



Smoky Orange Barbecue Chicken Sandwiches

 Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



1453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider white
- ☐ 6 slices bacon chopped
- ☐ 30 ounce barbecued baked beans prepared canned
- ☐ 1 cup bread crumbs plain
- ☐ 2 tablespoons brown sugar
- ☐ 1 can beets drained sliced
- ☐ 1 cup chicken broth
- ☐ 3 chipotle peppers in adobo sauce hot canned smoky peppers

- ☐ 4 crusty rolls split toasted
- ☐ 0.3 cup currants dried
- ☐ 1 juice of lemon juiced
- ☐ 1 small onion chopped
- ☐ 0.3 cup orange juice concentrate
- ☐ 1 orange zest for garnish cut into wedges,
- ☐ 4 servings coarse pepper black
- ☐ 1 pound cabbage shredded red cored
- ☐ 0.5 cup currant jelly red prepared
- ☐ 4 servings onions red sliced
- ☐ 4 servings romaine lettuce
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 scallions thinly sliced
- ☐ 4 chicken breasts boneless skinless
- ☐ 0.5 cup vegetable oil
- ☐ 1 tablespoon vegetable oil for drizzling
- ☐ 4 servings vegetable oil for drizzling
- ☐ 1 cup walnut pieces
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ blender

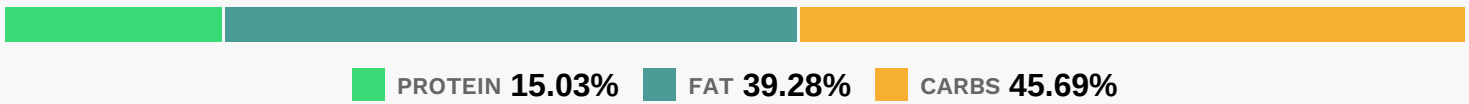
- ☐ casserole dish
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a grill pan or griddle pan over medium high heat.
- ☐ Heat a small saucepan over moderate heat.
- ☐ Add oil and onion.
- ☐ Saute onion in oil for 3 to 5 minutes or until onions are soft.
- ☐ Combine chipotle peppers in adobo, ketchup, orange juice concentrate, orange zest and chicken broth in a blender. Blend on high until sauce is smooth.
- ☐ Pour sauce into saucepan with onion and heat to a bubble. Reduce heat to simmer.
- ☐ Coat chicken lightly with a drizzle of oil and season breasts with grill seasoning blend or salt and pepper. Grill 5 to 6 minutes on the first side, turn.
- ☐ Remove 1/2 of the barbecue sauce to a small bowl and baste chicken liberally with it. Turn chicken after 4 minutes, coat with sauce again and cook another 2 to 3 minutes.
- ☐ To serve sandwiches, slice grilled chicken on an angle and fan out 1 breast on each bun bottom. Spoon remaining sauce from saucepan over the sliced chicken.
- ☐ Serve open faced with the lettuce and red onions setting on bun tops to the side. Pair these sandwiches with your favorite sides or, with Red Cabbage Slaw and Crispy Topped
- ☐ Baked Beans.
- ☐ Combine cabbage and beets in a mixing or salad bowl.
- ☐ Sprinkle the slaw salad with walnuts. Bring the remaining ingredients to a simmer in a small pot: currants, water, lemon juice, vinegar and brown sugar. Simmer 5 minutes to dissolve sugar and transfer mixture to a bowl.
- ☐ Whisk in currant jelly and oil.
- ☐ Pour dressing over the slaw salad. Toss salad to coat evenly with dressing. Adjust seasonings with salt and pepper and serve or, stored chilled up to 3 days.
- ☐ Cooking time: 5 minutes
- ☐ Ease of preparation: easy

- ☐ In a medium skillet over medium high heat, brown bacon but do not fully crisp the pieces.
- ☐ Remove the skillet from heat and toss bread crumbs in the pan with the bacon and drippings.
- ☐ Add scallions to the bread crumbs and bacon and season the mixture with cracked black pepper, to taste.
- ☐ Preheat oven to 425 degrees F.
- ☐ Add 2 cans of barbecued beans or extra spicy beans to a shallow casserole dish. Top with bacon and bread crumb mixture and place in oven.
- ☐ Bake 15 minutes or until top is crispy and beans are bubbly.
- ☐ Cooking time: 15 minutes
- ☐ Ease of preparation: easy

Nutrition Facts



Properties

Glycemic Index:101.67, Glycemic Load:33.55, Inflammation Score:-10, Nutrition Score:64.500434621521%

Flavonoids

Cyanidin: 238.74mg, Cyanidin: 238.74mg, Cyanidin: 238.74mg, Cyanidin: 238.74mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg

Nutrients (% of daily need)

Calories: 1453.29kcal (72.66%), Fat: 65.33g (100.52%), Saturated Fat: 12.44g (77.74%), Carbohydrates: 170.98g (56.99%), Net Carbohydrates: 146.51g (53.28%), Sugar: 59.19g (65.76%), Cholesterol: 110.16mg (36.72%), Sodium: 2113.72mg (91.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.26g (112.51%), Vitamin K: 202.13µg (192.5%), Vitamin A: 8983.33IU (179.67%), Manganese: 3.11mg (155.29%), Vitamin C: 116.98mg (141.79%), Selenium: 76.69µg (109.56%), Vitamin B3: 19.67mg (98.36%), Fiber: 24.47g (97.88%), Folate: 384.86µg (96.21%), Vitamin B6: 1.75mg (87.63%), Phosphorus: 816.46mg (81.65%), Vitamin B1: 1.11mg (73.96%), Copper: 1.4mg (69.95%), Potassium: 2290.45mg (65.44%), Iron: 10.73mg (59.61%), Magnesium: 236.65mg (59.16%), Vitamin B2: 0.82mg (48.13%), Zinc:

6.78mg (45.2%), Calcium: 379.8mg (37.98%), Vitamin B5: 3.13mg (31.35%), Vitamin E: 3.16mg (21.08%), Vitamin B12: 0.5µg (8.29%), Vitamin D: 0.25µg (1.63%)