



## Sweet and Sour BBQ Chicken Sliders with Pickled Chinese Cabbage and Carrots

READY IN



225 min.

SERVINGS



4

CALORIES



1162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon five-spice powder chinese
- 0.5 cup carrots shredded
- 0.5 teaspoon pepper red crushed
- 2 tablespoons hoisin sauce
- 2 tablespoons honey
- 0.5 teaspoon kosher salt
- 1.5 teaspoons kosher salt
- 0.3 cup ground mustard dried

- 0.5 small head napa cabbage chinese washed and thinly sliced ( 4 cups)
- 0.5 teaspoon pepper flakes red crushed
- 1 cup rice vinegar
- 0.5 teaspoon sesame oil toasted
- 1 teaspoon sesame oil toasted
- 2 tablespoons sesame seed toasted
- 2 pounds chicken thighs boneless skinless
- 2 tablespoons soya sauce
- 12 slider rolls
- 1 tablespoon sugar
- 4 servings butter unsalted for rolls
- 1 tablespoon vegetable oil
- 4 servings vegetable oil for brushing grill
- 0.3 cup water boiling

## Equipment

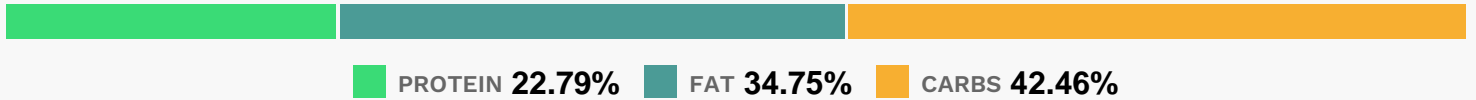
- bowl
- grill
- ziploc bags

## Directions

- Mix together the hoisin, honey, soy, five-spice powder, crushed red pepper and sesame oil in a bowl.
- Pour half of marinade over the chicken in a plastic bag and marinate for 3 to 4 hours in the refrigerator, turning once halfway through. Reserve the remaining marinade. For the pickled cabbage: Bring 1/2 cup water, the vinegar, sugar and salt to a boil until the sugar and salt are dissolved.
- Remove from the heat and add the carrots, crushed red pepper and cabbage. Stir to combine and let sit for at least 30 minutes.

- Heat a gas or charcoal grill to medium heat. Coat the grill with vegetable oil. Grill the chicken thighs until no longer pink in the middle and the internal temperature is 165 degrees F, 8 to 10 minutes per side.
- Let rest for 5 minutes, and then chop, toss with the marinade and coat in the sesame seeds. Butter and grill the buns on both sides until golden brown, 1 to 2 minutes.
- Place ample quantities of glistening chicken on the bottom buns, then a drained handful of pickled cabbage and carrots, and top with hot mustard.

## Nutrition Facts



### Properties

Glycemic Index:94.8, Glycemic Load:76.98, Inflammation Score:-10, Nutrition Score:41.27260846677%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

### Nutrients (% of daily need)

Calories: 1162.43kcal (58.12%), Fat: 44.48g (68.43%), Saturated Fat: 8.32g (52.02%), Carbohydrates: 122.3g (40.77%), Net Carbohydrates: 115.24g (41.91%), Sugar: 29.9g (33.22%), Cholesterol: 226.45mg (75.48%), Sodium: 2908.48mg (126.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.64g (131.28%), Iron: 36.29mg (201.63%), Selenium: 70.42µg (100.6%), Vitamin K: 90.49µg (86.19%), Vitamin B3: 14.38mg (71.88%), Vitamin B6: 1.4mg (69.88%), Vitamin A: 3364.71IU (67.29%), Phosphorus: 576.99mg (57.7%), Vitamin C: 32.17mg (39%), Manganese: 0.71mg (35.3%), Vitamin B2: 0.54mg (31.89%), Zinc: 4.71mg (31.38%), Folate: 121.58µg (30.4%), Magnesium: 120.74mg (30.19%), Vitamin B5: 3.01mg (30.13%), Potassium: 1011.97mg (28.91%), Fiber: 7.06g (28.22%), Vitamin B12: 1.46µg (24.33%), Vitamin B1: 0.36mg (24.32%), Copper: 0.44mg (21.84%), Calcium: 210.59mg (21.06%), Vitamin E: 2.83mg (18.86%)