



Whiskey and Beer BBQ Chicken Sliders

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



295 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup barbecue sauce
- 1.5 cups lager such as a pilsner
- 2 tablespoons irish whiskey
- 1 teaspoon lawry's seasoned salt
- 1 teaspoon highest available proof grain spirit
- 0.5 teaspoon ground mustard
- 1 teaspoons sauce of the chicken from the turbo broiler
- 4 cups rotisserie chicken cut shredded

- 12 slider buns split
- 12 pimientos green

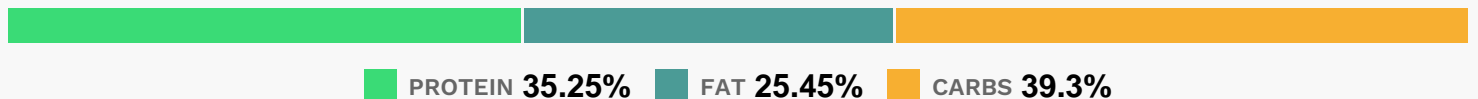
Equipment

- bowl
- sauce pan
- microwave

Directions

- In 2-quart saucepan, heat sauce ingredients to boiling over medium heat, stirring frequently. Reduce heat to medium-low and simmer 20 minutes, stirring occasionally to prevent scorching.
- In medium microwavable bowl, place chicken; cover. Microwave on High 4 to 5 minutes or until hot.
- Add shredded chicken to sauce in saucepan, stir to coat.
- Place about 1/3 cup chicken mixture on bottom of each slider bun; top with bun top.
- Garnish each sandwich with green olive.

Nutrition Facts



Properties

Glycemic Index:13.04, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:1.5856521638191%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 294.71kcal (14.74%), Fat: 7.89g (12.14%), Saturated Fat: 1.72g (10.78%), Carbohydrates: 27.42g (9.14%), Net Carbohydrates: 25.89g (9.41%), Sugar: 10.46g (11.63%), Cholesterol: 75.71mg (25.24%), Sodium: 726.91mg (31.6%), Alcohol: 2.05g (100%), Alcohol %: 1.51% (100%), Protein: 24.6g (49.2%), Fiber: 1.53g (6.13%), Iron: 1.08mg (5.99%), Calcium: 34.04mg (3.4%), Manganese: 0.04mg (2.08%), Potassium: 67.62mg (1.93%), Vitamin B6: 0.04mg (1.8%), Vitamin B3: 0.33mg (1.67%), Vitamin A: 80.04IU (1.6%), Magnesium: 5.98mg (1.49%), Vitamin C: 1.19mg (1.44%), Vitamin E: 0.21mg (1.38%), Vitamin B2: 0.02mg (1.34%), Phosphorus: 11.65mg (1.17%), Copper: 0.02mg (1.12%)