



## Whiskey and Beer BBQ Chicken Sliders

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



299 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup barbecue sauce
- 1.5 cups beer such as a pilsner
- 1 teaspoons sauce of the chicken from the turbo broiler
- 0.5 teaspoon ground mustard
- 1 teaspoon garlic
- 12 pimienta stuffed olives green
- 4 cups rotisserie chicken cut shredded
- 1 teaspoon lawry's seasoned salt

- 12 slider buns split
- 2 tablespoons irish whiskey

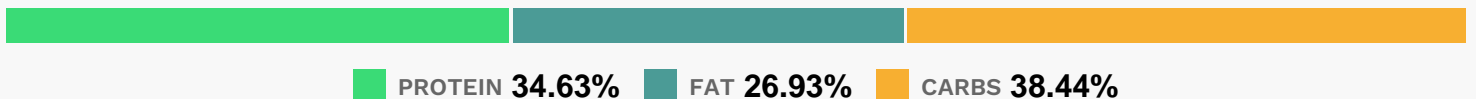
## Equipment

- 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:7.13, Glycemic Load:0.45, Inflammation Score:-1, Nutrition Score:1.5669564957852%

## 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 Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 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, Quercetin: 0.01mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

## Nutrients (% of daily need)

Calories: 299.13kcal (14.96%), Fat: 8.5g (13.07%), Saturated Fat: 1.81g (11.28%), Carbohydrates: 27.29g (9.1%), Net Carbohydrates: 25.67g (9.33%), Sugar: 10.44g (11.6%), Cholesterol: 75.71mg (25.24%), Sodium: 789.15mg (34.31%), Alcohol: 2.05g (100%), Alcohol %: 1.49% (100%), Protein: 24.58g (49.16%), Fiber: 1.62g (6.49%), Iron: 1.07mg (5.97%), Calcium: 36.42mg (3.64%), Vitamin E: 0.35mg (2.32%), Manganese: 0.04mg (1.97%), Potassium: 66.62mg (1.9%), Vitamin B6: 0.04mg (1.81%), Vitamin B3: 0.31mg (1.55%), Magnesium: 5.68mg (1.42%), Vitamin A: 69.15IU (1.38%), Vitamin B2: 0.02mg (1.27%), Copper: 0.03mg (1.26%), Selenium: 0.73µg (1.05%), Phosphorus: 10.2mg (1.02%)