



White Barbecue Chicken Sandwiches

 Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup mayonnaise light
- 0.8 cup apple cider vinegar
- 2 tablespoons juice of lemon fresh
- 1 tablespoon pepper black freshly ground
- 0.3 teaspoon ground pepper red (cayenne)
- 6 hawaiian rolls split
- 2 cups angel hair pasta (from 16-oz bag)
- 3 cups rotisserie chicken cut shredded (from 2-lb chicken)

12 slices dill pickle

Equipment

bowl

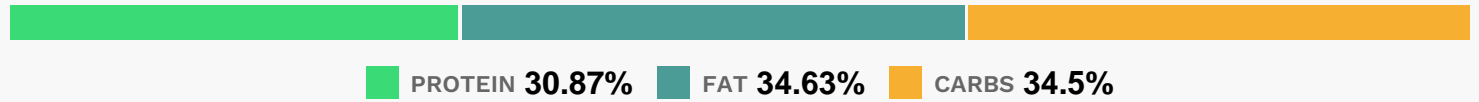
whisk

Directions

In small bowl, mix mayonnaise, vinegar, lemon juice, black pepper and red pepper with wire whisk.

On each bottom, place 1/3 cup coleslaw, 1/2 cup chicken, 2 tablespoons white barbecue sauce and 2 pickle slices; cover with bun tops. Refrigerate remaining white barbecue sauce in covered container up to 1 week.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:20.62, Inflammation Score:-2, Nutrition Score:9.7808696083401%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 529.62kcal (26.48%), Fat: 20.08g (30.89%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 45.03g (15.01%), Net Carbohydrates: 43.14g (15.69%), Sugar: 5.43g (6.04%), Cholesterol: 119.54mg (39.85%), Sodium: 951.08mg (41.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.27g (80.54%), Selenium: 28.56µg (40.8%), Manganese: 0.67mg (33.74%), Vitamin K: 24.18µg (23.03%), Vitamin B1: 0.26mg (17.5%), Folate: 47.83µg (11.96%), Vitamin B3: 2.25mg (11.26%), Iron: 2.02mg (11.25%), Phosphorus: 101.21mg (10.12%), Vitamin B2: 0.15mg (8.66%), Calcium: 77.43mg (7.74%), Fiber: 1.88g (7.54%), Copper: 0.14mg (7.18%), Magnesium: 27.66mg (6.91%), Vitamin E: 1.01mg (6.71%), Zinc: 0.72mg (4.82%), Potassium: 163.95mg (4.68%), Vitamin B6: 0.07mg (3.56%), Vitamin C: 2.6mg (3.15%), Vitamin B5: 0.15mg (1.51%), Vitamin B12: 0.09µg (1.43%), Vitamin A: 70.67IU (1.41%)