



Zesty Slow Cooker Chicken Barbeque



Gluten Free



Dairy Free



Low Fod Map

READY IN



250 min.

SERVINGS



6

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce barbeque sauce
- ☐ 0.3 cup brown sugar
- ☐ 6 chicken breast halves boneless skinless frozen
- ☐ 0.5 cup salad dressing italian
- ☐ 2 tablespoons worcestershire sauce

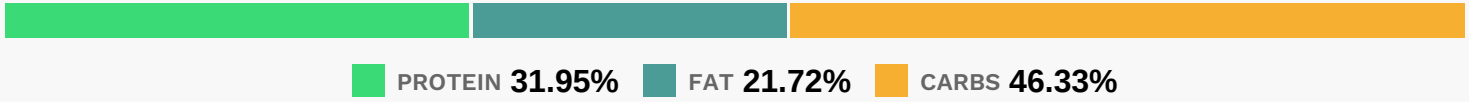
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place chicken in a slow cooker. In a bowl, mix the barbecue sauce, Italian salad dressing, brown sugar, and Worcestershire sauce.
- ☐ Pour over the chicken.
- ☐ Cover, and cook 3 to 4 hours on High or 6 to 8 hours on Low.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:13.230434728705%

Nutrients (% of daily need)

Calories: 312.54kcal (15.63%), Fat: 7.42g (11.41%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 35.58g (11.86%), Net Carbohydrates: 35.07g (12.75%), Sugar: 30.4g (33.77%), Cholesterol: 72.32mg (24.11%), Sodium: 985.78mg (42.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.55g (49.09%), Vitamin B3: 12.2mg (61%), Selenium: 37.43µg (53.47%), Vitamin B6: 0.91mg (45.26%), Phosphorus: 255.34mg (25.53%), Potassium: 623.62mg (17.82%), Vitamin B5: 1.72mg (17.15%), Vitamin K: 12.27µg (11.69%), Magnesium: 39.29mg (9.82%), Vitamin B2: 0.15mg (8.95%), Vitamin E: 1.1mg (7.34%), Iron: 1.2mg (6.65%), Vitamin B1: 0.09mg (6.22%), Zinc: 0.78mg (5.19%), Manganese: 0.1mg (5.02%), Copper: 0.09mg (4.53%), Calcium: 40.58mg (4.06%), Vitamin B12: 0.23µg (3.77%), Vitamin A: 172.43IU (3.45%), Vitamin C: 2.51mg (3.04%), Fiber: 0.51g (2.04%), Folate: 6.2µg (1.55%)