

# Crock-Pot North Carolina BBQ Pulled Chicken Sandwiches

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-bbq-pulled-chicken-recipe>

## Ingredients:

- 1/2 cup apple cider vinegar
- 2 tablespoons brown sugar
- 1 1/2 teaspoons kosher salt
- 1 1/2 teaspoons hot sauce such as Frank's Red Hot
- 1/8 teaspoon black pepper
- 1 1/2 pounds boneless, skinless chicken breast
- whole wheat buns
- coleslaw
- hot sauce additional, for passing at the table, if desired

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 110 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 36 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1220 milligrams
9. Sugar: 4 grams

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