

BBQ Pulled Chicken Sandwiches {Slow Cooker}

Yield: 6 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-steak-ketchup-crock-pot-recipe>

Ingredients:

- 1 yellow onion small to medium, thinly sliced into half moons
- 2 pounds boneless skinless chicken breasts fresh or frozen
- 1 cup ketchup
- 2 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 2 tablespoons molasses
- 1 teaspoon onion powder
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Tabasco Sauce
- 1/2 teaspoon salt
- whole wheat hamburger buns or rolls, I used this French Bread roll recipe, subbing whole wheat for the white flour

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 95 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 33 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 830 milligrams
9. Sugar: 14 grams

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