

BBQ Pulled Chicken Sliders

Ingredients

1/2 cup no-salt-added ketchup
1 tablespoon dark brown sugar
1 tablespoon cider vinegar
1 teaspoon chili powder
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon dry mustard
1/2 teaspoon smoked paprika
1/2 teaspoon ground cumin
1/8 teaspoon ground allspice
2 cups shredded skinless, boneless rotisserie chicken breast
8 (1.3-ounce) sliders mini buns

Directions

1. Combine first 10 ingredients (through allspice) in a small saucepan over medium heat. Bring to a simmer and cook 3 minutes or until slightly thick, stirring occasionally.
2. Add chicken to sauce mixture, stirring to combine. Heat chicken thoroughly in sauce mixture approximately 2 minutes.
3. Spoon 3 tablespoons chicken mixture onto buns and serve.

Nutrition Information makes 4 servings (serving size = 2 sliders)

Per Serving

Calories: 400
Fat: 7g
Saturated Fat: 2 g
Cholesterol: 60 mg
Sodium: 400 mg
Carbohydrate: 53 g
Fiber: 2 g
Protein: 30 g



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