

BBQ Pulled Chicken with Jicama & Apple Slaw

36 oz chicken thighs, boneless & skinless 6 servings Jicama and Apple Slaw (see recipe)
6 oz Barbecue sauce 6 slices gluten-free bread



Procedure

- 1 Pour BBQ sauce over chicken thighs. Add a small amount of water to keep the BBQ sauce from burning.
- 2 Cover on 225° F for 5 hours. Remove from pan and let cool slightly, when able to handle start to pull meat apart.
- 3 Place on the plate drizzle 1 ounce of BBQ over the chicken and top with the slaw.

Servings: 6

Nutrition Facts

Serving size: 1/6 of a recipe.

Amount Per Serving	
Calories	416
	% Daily Value
Total Fat 13g	20%
Sodium 481mg	20%
Total Carbohydrates 39g	13%
Fiber 5g	20%
Protein 35g	70%

Recipe Type

Chicken, Poultry