

Slow Cooker BBQ Pulled Chicken



Servings: 4 (1 cup)

TOTAL TIME



DIFFICULTY



GLUTEN-FREE



DAIRY-FREE

Preparation

1. Place all ingredients in slow cooker and stir until mixed well.
2. Add chicken and coat well with the sauce.
3. Cover and cook on high for 3-4 hours or on low for 7-8 hours, until chicken is fully cooked (170° F).
4. Remove all the chicken and place it in a bowl. Shred each piece using two forks. Return the shredded chicken to the crock pot.
5. Mix well with the sauce and serve.

Nutrition Facts Per Serving

Calories	261
Fat	5g
Saturated Fat	1g
Cholesterol	109mg
Carbohydrate	19g
Fiber	1g
Protein	36g

Ingredients

- 1 1/2 pound boneless skinless chicken breast
- 1 cup tomato sauce
- 1/2 cup ketchup
- 3 tablespoons brown sugar, not packed
- 3 tablespoons cider vinegar
- 2 teaspoons garlic powder
- red pepper flakes, to taste (optional)

