

# 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)

