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## Hot Openfaced Pulled Chicken on Biscuit Sandwich ♦

This hot open-faced pulled chicken on biscuit sandwich is a delicious and hearty meal. The pulled chicken is slow-cooked and seasoned with a savory blend of spices. It is served on a fluffy biscuit and topped with a tangy barbecue sauce. This sandwich is perfect for a satisfying lunch or dinner.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 240 mins

**Total Time:** 255 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>1000 g</b>	Chicken Breasts
<b>1 c</b>	barbecue sauce
<b>4 pieces</b>	biscuits

<b>1 tsp</b>	Salt
<b>1 tsp</b>	Pepper
<b>1 tsp</b>	Paprika
<b>1 tsp</b>	Garlic powder
<b>1 tsp</b>	Onion powder
<b>0.5 tsp</b>	Cayenne pepper
<b>2 tbsp</b>	Brown Sugar
<b>2 tbsp</b>	Apple Cider Vinegar
<b>2 tbsp</b>	Worcestershire sauce
<b>1 c</b>	Water

## Directions

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### Step 1

Slow cooker

In a slow cooker, combine the chicken breasts, salt, pepper, paprika, garlic powder, onion powder, and cayenne pepper. Cook on low for 4 hours or until the chicken is tender and easily shredded.

**Prep Time:** 5 mins

**Cook Time:** 127 mins

### Step 2

Remove the chicken from the slow cooker and shred it using two forks.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Stove

In a small saucepan, combine the barbecue sauce, brown sugar, apple cider vinegar, Worcestershire sauce, and water. Bring to a simmer and cook for 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 4

Return the shredded chicken to the slow cooker and pour the barbecue sauce mixture over it. Stir to coat the chicken evenly.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 5

Oven

Preheat the oven to 350°F (175°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Oven

Split the biscuits in half and place them on a baking sheet. Bake for 10 minutes or until golden brown.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

## Step 7

To assemble the sandwiches, place a spoonful of the pulled chicken on each biscuit half. Serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 5 g

**Protein:** 30 g

**Carbohydrates:** 30 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Events

Christmas

Easter

Thanksgiving

Barbecue

Picnic

Game Day

## Cuisines

Italian

Middle Eastern

## Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

## Kitchen Tools

Blender

Slow Cooker

## Course

Appetizers

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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