

Sliders, Blackberry Sriracha Chicken

Julie Peterson - Crofton, MD
Taste of Home Magazine

Yield: 12 sliders

1 jar (10 ounce) seedless blackberry
spreadable fruit
1/4 cup ketchup
1/4 cup balsamic vinegar
1/4 cup Sriracha Asian hot chili
sauce
2 tablespoons molasses
1 tablespoon Dijon mustard
1/4 teaspoon salt
3 1/2 pounds bone-in chicken thighs
1 large onion, thinly sliced
4 cloves garlic, minced
12 pretzel mini buns, split
additional sriracha hot chili sauce
leaf lettuce
tomato slices

Preparation Time: 20 minutes

Slow Cooker: 5 hours

In a four- or five-quart slow cooker, stir together the blackberry fruit, ketchup, vinegar, chili sauce, molasses, Dijon mustard and salt. Add the chicken, onion and garlic. Toss to combine.

Cook, covered, on LOW until the chicken is tender, five to six hours.

Remove the chicken. When cool enough to handle, remove the bones and skin; discard. Shred the meat with two forks.

Reserve three cups of the cooking juices; discard the remaining juices. Skim the fat from the reserved juices. Return the chicken and reserved juices to the slow cooker. Heat through.

Using a slotted spoon, serve on the pretzel buns. Drizzle with additional sriracha. Top with lettuce and tomatoes.

Per Serving (excluding unknown items): 252 Calories; 1g Fat (3.6% calories from fat); 4g Protein; 63g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1453mg Sodium. Exchanges: 0 Lean Meat; 2 1/2 Vegetable; 1/2 Fruit; 0 Fat; 3 Other Carbohydrates.

Sandwiches, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	252	Vitamin B6 (mg):	.6mg
------------------	-----	------------------	------

% Calories from Fat:	3.6%
% Calories from Carbohydrates:	91.1%
% Calories from Protein:	5.2%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	63g
Dietary Fiber (g):	3g
Protein (g):	4g
Sodium (mg):	1453mg
Potassium (mg):	1196mg
Calcium (mg):	159mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	20mg
Vitamin A (i.u.):	610IU
Vitamin A (r.e.):	61RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	31mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	2 1/2
Fruit:	1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	3

Nutrition Facts

Amount Per Serving

Calories	252	Calories from Fat: 9
-----------------	-----	-----------------------------

% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	1453mg	61%
Total Carbohydrates	63g	21%
Dietary Fiber	3g	14%
Protein	4g	
Vitamin A		12%
Vitamin C		33%
Calcium		16%
Iron		19%

* Percent Daily Values are based on a 2000 calorie diet.