



AI's Rum Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

BEVERAGE

DRINK

Ingredients

- 4 chicken breast halves bone-in with skin
- 10 ounce sauce sweet sour
- 20 ounce pineapple chunks drained canned
- 1 cup rum
- 4 servings salt and pepper to taste

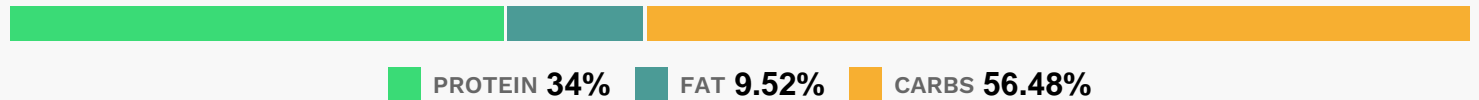
Equipment

- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Place chicken pieces in a lightly greased 9x13 inch baking dish. Make sure rib area of breasts is facing up. Cover dish and bake in the preheated oven for 15 to 20 minutes.
- Remove cover and flip chicken pieces.
- Place pineapple (reserve some for garnish) around chicken.
- Pour rum over all. Cover and bake for another 15 minutes.
- Garnish with additional pineapple and serve.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:13.768695670625%

Nutrients (% of daily need)

Calories: 438.93kcal (21.95%), Fat: 3.15g (4.85%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 42.11g (14.04%), Net Carbohydrates: 40.27g (14.64%), Sugar: 36.59g (40.65%), Cholesterol: 72.32mg (24.11%), Sodium: 1177.37mg (51.19%), Alcohol: 20.04g (100%), Alcohol %: 6.58% (100%), Protein: 25.35g (50.7%), Vitamin B3: 12.2mg (60.98%), Selenium: 36.73µg (52.47%), Vitamin B6: 0.95mg (47.66%), Phosphorus: 249.62mg (24.96%), Vitamin C: 14.68mg (17.79%), Potassium: 595.11mg (17%), Vitamin B5: 1.61mg (16.1%), Vitamin B1: 0.22mg (14.7%), Magnesium: 50.65mg (12.66%), Copper: 0.19mg (9.75%), Vitamin B2: 0.15mg (8.54%), Fiber: 1.84g (7.37%), Zinc: 0.82mg (5.48%), Iron: 0.84mg (4.67%), Vitamin B12: 0.23µg (3.77%), Folate: 11.61µg (2.9%), Calcium: 28.45mg (2.84%), Vitamin A: 104.77IU (2.1%), Vitamin E: 0.24mg (1.62%), Manganese: 0.03mg (1.41%), Vitamin K: 1.22µg (1.16%)