



 **19%**
HEALTH SCORE

Caribbean Chicken

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



3

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium banana firm sliced
- 2 teaspoons canola oil
- 3 servings rice hot cooked
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- 1 teaspoon cornstarch
- 0.5 teaspoon thyme dried
- 0.5 cup golden raisins

- 0.5 cup spring onion thinly sliced
- 1 tablespoon mustard prepared
- 6 ounce pineapple rings divided canned
- 0.3 teaspoon pepper red crushed
- 0.5 teaspoon salt
- 0.8 pound chicken breast boneless skinless cut into thin strips

Equipment

Nutrition Facts



■ PROTEIN **20.15%**
■ FAT **9.54%**
■ CARBS **70.31%**

Properties

Glycemic Index:167.48, Glycemic Load:91.05, Inflammation Score:-7, Nutrition Score:27.159130434783%

Flavonoids

Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 649.82kcal (32.49%), Fat: 6.94g (10.67%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 115.02g (38.34%), Net Carbohydrates: 109.55g (39.84%), Sugar: 32.58g (36.2%), Cholesterol: 72.57mg (24.19%), Sodium: 586.3mg (25.49%), Protein: 32.97g (65.94%), Selenium: 57.11µg (81.58%), Vitamin B6: 1.5mg (74.85%), Manganese: 1.49mg (74.36%), Vitamin B3: 13.88mg (69.39%), Phosphorus: 401.6mg (40.16%), Vitamin K: 41.37µg (39.4%), Potassium: 1092.95mg (31.23%), Vitamin B5: 2.87mg (28.66%), Magnesium: 102.51mg (25.63%), Fiber: 5.47g (21.88%), Vitamin C: 17.55mg (21.27%), Copper: 0.43mg (21.26%), Vitamin B2: 0.28mg (16.39%), Vitamin B1: 0.22mg (14.93%), Zinc: 2.19mg (14.58%), Iron: 2.26mg (12.54%), Folate: 42.46µg (10.61%), Calcium: 74.29mg (7.43%), Vitamin E: 1.08mg (7.21%), Vitamin A: 338.18IU (6.76%), Vitamin B12: 0.23µg (3.78%)