



Cheesy Chicken and Pineapple

 **Gluten Free**

READY IN



35 min.

SERVINGS



6

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce monterrey jack cheese thinly sliced
- 15.3 ounce pineapple rings drained canned
- 6 chicken breast halves boneless skinless thinly sliced

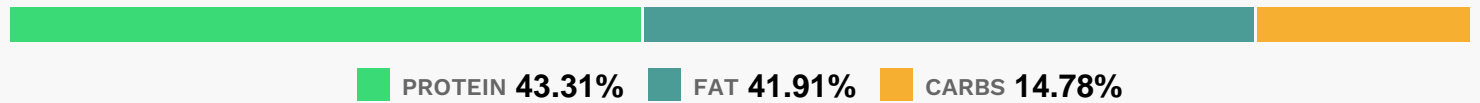
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Arrange chicken breast slices on a baking sheet in a single layer.
- Bake in the preheated oven until chicken is no longer pink in the center and juices run clear, about 20 minutes. Top each slice of chicken with 1 to 1 1/2 pineapple rings and a slice of Monterey Jack cheese.
- Continue baking in the oven until cheese is melted, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:16.203043517859%

Nutrients (% of daily need)

Calories: 313.04kcal (15.65%), Fat: 14.46g (22.24%), Saturated Fat: 7.87g (49.16%), Carbohydrates: 11.47g (3.82%), Net Carbohydrates: 10.53g (3.83%), Sugar: 10.46g (11.63%), Cholesterol: 105.96mg (35.32%), Sodium: 358.6mg (15.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.62g (67.24%), Vitamin B3: 12.03mg (60.13%), Selenium: 41.93µg (59.9%), Vitamin B6: 0.93mg (46.51%), Phosphorus: 410.17mg (41.02%), Calcium: 299.16mg (29.92%), Vitamin B5: 1.69mg (16.9%), Vitamin B2: 0.28mg (16.21%), Potassium: 538.07mg (15.37%), Magnesium: 50.39mg (12.6%), Zinc: 1.86mg (12.41%), Vitamin B1: 0.15mg (10.1%), Vitamin C: 8.13mg (9.85%), Vitamin B12: 0.54µg (9%), Vitamin A: 360.6IU (7.21%), Copper: 0.12mg (5.99%), Iron: 0.89mg (4.96%), Fiber: 0.94g (3.75%), Folate: 14.93µg (3.73%), Vitamin D: 0.34µg (2.27%), Vitamin E: 0.33mg (2.18%), Vitamin K: 1.68µg (1.6%), Manganese: 0.02mg (1.06%)