



Chicken and Pineapple Skewers

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

READY IN



75 min.

SERVINGS



16

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brown sugar
- 0.3 cup honey
- 1 juice of lemon juiced
- 1 cup catsup
- 16 servings kosher salt and pepper black freshly ground
- 0.3 cup soya sauce low sodium
- 16 servings olive oil extra-virgin for brushing
- 1 pineapple fresh

- 8 chicken thighs boneless skinless
- 2 garlic cloves whole
- 1 tablespoon mustard yellow
- 16 wooden skewers for 30 minutes
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Equipment

- bowl
- sauce pan
- grill
- skewers
- grill pan

Directions

- In a saucepan over medium heat, add the ketchup, soy sauce, honey, mustard, sugar, garlic, and lemon juice. Bring to a simmer and cook gently until thickened, about 10 minutes. Set aside and cool.
- Heat an outdoor grill or a grill pan.
- Cut each chicken thigh into 2 pieces. Peel the pineapple and cut it into 1 1/2-inch chunks. Alternating between the chicken and pineapple, thread the pieces onto the skewers.
- Brush them with olive oil and season them with salt and pepper.
- Remove the garlic cloves from the barbecue sauce and discard; put about half the sauce into a small bowl for later.
- Brush skewers with some of the sauce. Cook them on the grill, basting regularly with the barbecue sauce, until cooked through, about 10 to 15 minutes.
- Serve with reserved barbecue sauce on the side for dipping.

Nutrition Facts



PROTEIN 17.19% FAT 53.92% CARBS 28.89%

Properties

Glycemic Index:12.81, Glycemic Load:6.21, Inflammation Score:-3, Nutrition Score:10.121304491292%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 267.66kcal (13.38%), Fat: 16.46g (25.32%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 19.85g (6.62%), Net Carbohydrates: 18.89g (6.87%), Sugar: 16.53g (18.37%), Cholesterol: 53.67mg (17.89%), Sodium: 342.21mg (14.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.8g (23.61%), Vitamin C: 28.52mg (34.58%), Manganese: 0.59mg (29.74%), Selenium: 13.41µg (19.16%), Vitamin B3: 3.72mg (18.6%), Vitamin B6: 0.35mg (17.7%), Vitamin E: 2.37mg (15.81%), Phosphorus: 122.94mg (12.29%), Vitamin K: 11.1µg (10.57%), Vitamin B2: 0.16mg (9.18%), Vitamin B5: 0.84mg (8.35%), Potassium: 269.89mg (7.71%), Vitamin B1: 0.1mg (6.79%), Zinc: 1.01mg (6.73%), Magnesium: 25.72mg (6.43%), Vitamin B12: 0.36µg (6.03%), Copper: 0.12mg (5.78%), Iron: 0.88mg (4.89%), Folate: 16.15µg (4.04%), Fiber: 0.95g (3.82%), Vitamin A: 124.68IU (2.49%), Calcium: 21.02mg (2.1%)