



Chicken and Pineapple Skewers

 Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cloves garlic
- ☐ 0.3 cup honey
- ☐ 1 juice of lemon
- ☐ 1 cup catsup
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 6 servings olive oil extra-virgin for brushing

- ☐ 1 pineapple fresh
- ☐ 8 chicken thighs boneless skinless
- ☐ 1 tablespoon mustard yellow

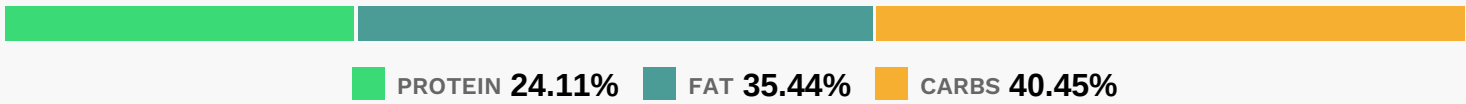
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Combine the ketchup, soy sauce, honey, mustard, brown sugar, garlic and lemon juice in a saucepan over medium heat. Simmer until thickened, about 10 minutes.
- ☐ Let cool.
- ☐ Cut each chicken thigh into 2 pieces. Peel and core the pineapple; cut into 1-inch chunks. Thread the pieces onto 4 to 6 skewers, alternating between pineapple and chicken.
- ☐ Brush the skewers with olive oil and season with salt and pepper.
- ☐ Remove the garlic cloves from the barbecue sauce and set aside about half of the sauce for serving.
- ☐ Brush the skewers with some of the remaining sauce.
- ☐ Preheat a grill to medium high. Grill the skewers, turning and basting with the sauce regularly, until cooked through, 10 to 12 minutes.
- ☐ Serve with the reserved sauce.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:28.82, Glycemic Load:16.52, Inflammation Score:-6, Nutrition Score:25.258695789005%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 506.81kcal (25.34%), Fat: 20.55g (31.61%), Saturated Fat: 3.52g (21.97%), Carbohydrates: 52.75g (17.58%), Net Carbohydrates: 50.28g (18.28%), Sugar: 44.09g (48.99%), Cholesterol: 143.13mg (47.71%), Sodium: 1105.82mg (48.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.45g (62.9%), Vitamin C: 76.07mg (92.2%), Manganese: 1.55mg (77.62%), Selenium: 35.76µg (51.08%), Vitamin B3: 9.91mg (49.57%), Vitamin B6: 0.94mg (47.16%), Phosphorus: 327.41mg (32.74%), Vitamin B2: 0.42mg (24.45%), Vitamin B5: 2.22mg (22.24%), Potassium: 715.97mg (20.46%), Vitamin E: 2.96mg (19.75%), Vitamin B1: 0.27mg (18.09%), Zinc: 2.69mg (17.92%), Magnesium: 68.15mg (17.04%), Vitamin B12: 0.96µg (16.07%), Copper: 0.3mg (15.23%), Vitamin K: 15.11µg (14.39%), Iron: 2.19mg (12.17%), Folate: 43.03µg (10.76%), Fiber: 2.48g (9.91%), Vitamin A: 331.01IU (6.62%), Calcium: 54.76mg (5.48%)