



Chicken in Pineapple Sauce

 Dairy Free

READY IN



60 min.

SERVINGS



25

CALORIES



217 kcal

SAUCE

Ingredients

- ☐ 1 bay leaf
- ☐ 25 servings pepper black freshly ground
- ☐ 1 meat from a rotisserie chicken cut into eight pieces
- ☐ 1 cup chicken stock see
- ☐ 25 servings rice white steamed for serving
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 cup flour all-purpose
- ☐ 4 cloves garlic minced

- ☐ 1 bell pepper green finely chopped
- ☐ 0.3 cup juice of lime freshly squeezed
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup pineapple juice
- ☐ 25 servings salt
- ☐ 1 onion sweet finely chopped
- ☐ 1 teaspoon paprika sweet

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put the flour in a shallow bowl. Season the chicken with salt and black pepper and sprinkle with the paprika. Dredge the chicken in the flour, tapping off the excess.
- ☐ In a large, deep skillet, heat the olive oil until shimmering.
- ☐ Add the chicken and cook over moderately high heat, turning once or twice, until golden brown, about 6 minutes.
- ☐ Transfer the chicken to a plate.
- ☐ Pour off all but 1 tablespoon of the fat in the skillet.
- ☐ Add the onion, green pepper and garlic to the skillet and cook over moderate heat, stirring, until softened, 5 minutes.
- ☐ Add the wine and boil until reduced by half, scraping up any browned bits from the bottom of the skillet, 5 minutes.
- ☐ Add the stock, pineapple juice, lime juice and bay leaf and bring to a boil.
- ☐ Nestle the chicken in the skillet and add any accumulated juices. Cover and cook over very low heat, turning the chicken once, until cooked through, about 25 minutes. Uncover and cook over high heat until the sauce is thickened and glossy, about 5 minutes. Discard the bay leaf and serve the chicken with rice, spooning the sauce on top.

Nutrition Facts



Properties

Glycemic Index:13.28, Glycemic Load:25.68, Inflammation Score:-3, Nutrition Score:6.0530434756175%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 217.23kcal (10.86%), Fat: 7.15g (11%), Saturated Fat: 1.71g (10.71%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 26.38g (9.59%), Sugar: 1.59g (1.77%), Cholesterol: 23.14mg (7.71%), Sodium: 231.71mg (10.07%), Alcohol: 0.99g (100%), Alcohol %: 0.79% (100%), Protein: 8.53g (17.05%), Manganese: 0.47mg (23.5%), Selenium: 11.53µg (16.48%), Vitamin B3: 2.76mg (13.82%), Vitamin B6: 0.23mg (11.67%), Phosphorus: 92.17mg (9.22%), Vitamin C: 6.32mg (7.66%), Vitamin B5: 0.63mg (6.3%), Zinc: 0.87mg (5.8%), Magnesium: 20.34mg (5.08%), Copper: 0.1mg (4.81%), Vitamin B1: 0.07mg (4.69%), Vitamin B2: 0.08mg (4.46%), Potassium: 143.02mg (4.09%), Iron: 0.71mg (3.96%), Folate: 14.04µg (3.51%), Vitamin E: 0.49mg (3.26%), Fiber: 0.67g (2.67%), Vitamin K: 2.48µg (2.36%), Vitamin A: 102.38IU (2.05%), Calcium: 18.53mg (1.85%), Vitamin B12: 0.09µg (1.57%)