



Coconut-Lime Chicken with Grilled Pineapple

 Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 teaspoon cayenne pepper
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 0.5 cup coconut milk
- ☐ 1 clove garlic crushed
- ☐ 0.3 cup juice of lime
- ☐ 6 slices pineapple cored peeled
- ☐ 1 pinch salt and pepper to taste

- ☐ 36 ounce chicken breast halves boneless skinless
- ☐ 16 ounce cup heavy whipping cream sour
- ☐ 2 cups tequila

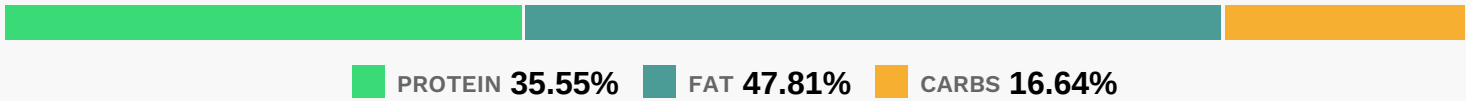
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Whisk together the tequila, 2 tablespoons of lime juice, brown sugar, and cayenne pepper; pour into a resealable plastic bag.
- ☐ Add the chicken breasts, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 1 hour.
- ☐ Meanwhile, make the sauce by whisking together the sour cream , coconut milk, and 1/4 cup of lime juice in a bowl.
- ☐ Add the cilantro and garlic, then season to taste with salt and pepper; set aside.
- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil grate.
- ☐ Remove the chicken from the marinade, and shake off excess. Discard the remaining marinade.
- ☐ Cook the chicken and pineapple slices on the preheated grill until the chicken is no longer pink in the center, and the pineapple slices are nicely marked, about 6 minutes.
- ☐ Serve the chicken breasts topped with a slice of grilled pineapple, and a dollop of the sour cream sauce.

Nutrition Facts



Properties

Glycemic Index:44.11, Glycemic Load:6.36, Inflammation Score:-8, Nutrition Score:25.486521518749%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 619.45kcal (30.97%), Fat: 23.26g (35.78%), Saturated Fat: 12.18g (76.14%), Carbohydrates: 18.2g (6.07%), Net Carbohydrates: 16.88g (6.14%), Sugar: 13g (14.45%), Cholesterol: 153.47mg (51.16%), Sodium: 232.3mg (10.1%), Alcohol: 26.72g (100%), Alcohol %: 7.67% (100%), Protein: 38.91g (77.82%), Vitamin B3: 18.41mg (92.06%), Selenium: 57.45µg (82.07%), Vitamin B6: 1.42mg (71.22%), Vitamin C: 46.53mg (56.4%), Manganese: 0.99mg (49.51%), Phosphorus: 445.96mg (44.6%), Vitamin B5: 2.9mg (29.04%), Potassium: 882.32mg (25.21%), Vitamin B2: 0.33mg (19.56%), Magnesium: 72.18mg (18.05%), Vitamin A: 723.51IU (14.47%), Vitamin B1: 0.2mg (13.6%), Copper: 0.22mg (10.87%), Calcium: 103.73mg (10.37%), Zinc: 1.5mg (9.98%), Iron: 1.64mg (9.11%), Vitamin B12: 0.5µg (8.32%), Folate: 30.58µg (7.64%), Fiber: 1.32g (5.28%), Vitamin E: 0.75mg (5.02%), Vitamin K: 2.81µg (2.68%), Vitamin D: 0.17µg (1.13%)