



Ginger Glazed Chicken with Pineapple Salsa

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

READY IN



272 min.

SERVINGS



6

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cilantro leaves fresh finely chopped
- 1 tablespoon ginger fresh grated
- 1.5 tablespoons garlic minced
- 1 teaspoon ground pepper black
- 0.3 cup honey
- 1 teaspoon juice of lime fresh
- 0.5 cup reserved pineapple juice
- 20 ounce dole® pineapple tidbits drained canned

- 0.3 cup onion red finely chopped
- 6 servings salsa
- 0.3 cup sesame oil
- 6 chicken breasts boneless skinless
- 0.5 cup soya sauce
- 0.3 cup vegetable oil

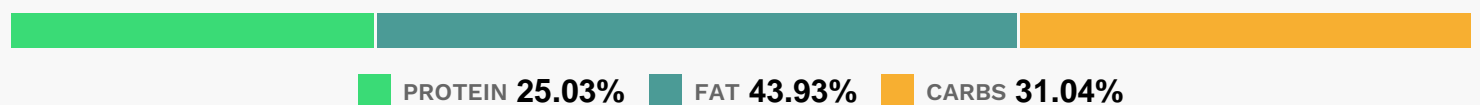
Equipment

- bowl
- sauce pan
- grill

Directions

- Combine first 8 ingredients ingredients except chicken, in small bowl.
- Place chicken in resealable bag.
- Pour glaze over chicken coating well. Marinate in refrigerator 4 hours.
- Combine pineapple tidbits, red onion, cilantro and lime juice in small bowl. Refrigerate 1 hour.
- Heat grill to medium-high.
- Drain chicken.
- Pour marinade into small saucepan. Bring to a boil; boil 2 minutes.
- Grill chicken; covered, 6 minutes.
- Brush with marinade, turn and cook 8 minutes or until internal temperature reaches 165 degrees F in thickest part of chicken. Baste several times while cooking.
- Serve with heaping portions of salsa.

Nutrition Facts



Properties

Glycemic Index:41.55, Glycemic Load:7.75, Inflammation Score:-5, Nutrition Score:17.6999999751222%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 428.29kcal (21.41%), Fat: 21.34g (32.84%), Saturated Fat: 3.35g (20.91%), Carbohydrates: 33.93g (11.31%), Net Carbohydrates: 31.6g (11.49%), Sugar: 28.93g (32.15%), Cholesterol: 72.32mg (24.11%), Sodium: 1424.32mg (61.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.37g (54.73%), Vitamin B3: 13.28mg (66.42%), Vitamin B6: 1.07mg (53.66%), Selenium: 37.47µg (53.53%), Phosphorus: 288.1mg (28.81%), Vitamin K: 24.98µg (23.79%), Potassium: 726.68mg (20.76%), Vitamin B5: 1.8mg (18.04%), Vitamin C: 14.67mg (17.78%), Manganese: 0.35mg (17.65%), Magnesium: 61.38mg (15.35%), Vitamin B1: 0.21mg (14.1%), Vitamin B2: 0.19mg (11.13%), Copper: 0.22mg (10.8%), Vitamin E: 1.54mg (10.28%), Fiber: 2.33g (9.32%), Iron: 1.51mg (8.39%), Zinc: 1mg (6.66%), Vitamin A: 328.26IU (6.57%), Folate: 20.25µg (5.06%), Calcium: 44.83mg (4.48%), Vitamin B12: 0.23µg (3.77%)