



Grilled Chicken and Pineapple Sandwiches

READY IN



30 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cheddar cheese
- 2 teaspoons honey
- 0.3 cup mayonnaise
- 4 chicken breast halves boneless skinless
- 0.5 teaspoon lawry's seasoned salt
- 4 pineapple rings (from 8-oz. can)
- 2 oz monterrey jack cheese
- 4 portugese rolls split
- 4 romaine leaves

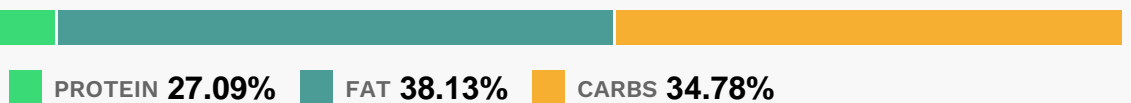
Equipment

- bowl
- grill

Directions

- Heat gas or charcoal grill. In small bowl, combine taco sauce and honey; mix well. To make mayonnaise mixture for rolls, in another small bowl, combine mayonnaise and 2 teaspoons of the taco sauce mixture; blend well. Refrigerate until serving time.
- Sprinkle chicken breast halves with seasoned salt.
- Brush chicken with about 1 tablespoon taco sauce mixture.
- When grill is heated, place chicken on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 10 to 12 minutes or until chicken is fork-tender and juices run clear, turning once or twice and brushing occasionally with taco sauce mixture. Discard any remaining taco sauce mixture.
- Top each chicken breast half with cheese slice to melt.
- Place pineapple slices on grill; cook 2 minutes. To toast rolls, place cut side down on grill during last 30 seconds of cooking time.
- Spread mayonnaise mixture on bottom halves of rolls. Top each with lettuce, cheese-topped chicken, pineapple slice and top half of roll.

Nutrition Facts



Properties

Glycemic Index:50.57, Glycemic Load:24.53, Inflammation Score:-8, Nutrition Score:20.641304161238%

Nutrients (% of daily need)

Calories: 525.04kcal (26.25%), Fat: 22.06g (33.95%), Saturated Fat: 6.25g (39.05%), Carbohydrates: 45.3g (15.1%), Net Carbohydrates: 43.24g (15.73%), Sugar: 15.81g (17.57%), Cholesterol: 97.84mg (32.61%), Sodium: 940.54mg (40.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.27g (70.54%), Iron: 11.64mg (64.64%), Vitamin B3: 12.07mg (60.35%), Selenium: 40.05µg (57.21%), Vitamin B6: 0.93mg (46.54%), Vitamin A: 2006.19IU (40.12%), Phosphorus: 346.65mg (34.66%), Vitamin K: 23.98µg (22.84%), Calcium: 185.78mg (18.58%), Vitamin B5: 1.68mg

(16.85%), Potassium: 557.79mg (15.94%), Vitamin B2: 0.23mg (13.63%), Vitamin C: 11.05mg (13.4%), Magnesium: 46.94mg (11.74%), Vitamin B1: 0.16mg (10.65%), Zinc: 1.44mg (9.58%), Fiber: 2.05g (8.21%), Vitamin B12: 0.45µg (7.52%), Vitamin E: 0.81mg (5.42%), Folate: 20.77µg (5.19%), Copper: 0.1mg (5.1%), Manganese: 0.1mg (4.83%), Vitamin D: 0.26µg (1.75%)