



Grilled Chicken and Pineapple Sandwiches

READY IN



30 min.

SERVINGS



4

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

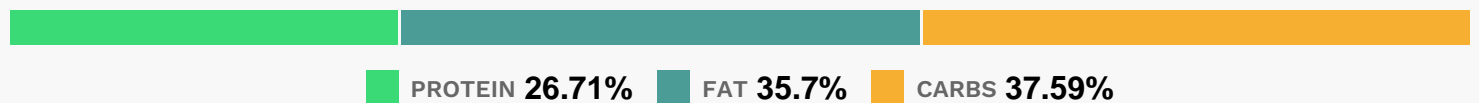
Equipment

- 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:19.883043817852%

Nutrients (% of daily need)

Calories: 507.72kcal (25.39%), Fat: 19.96g (30.72%), Saturated Fat: 4.99g (31.19%), Carbohydrates: 47.29g (15.76%), Net Carbohydrates: 45.24g (16.45%), Sugar: 17.46g (19.4%), Cholesterol: 90.82mg (30.27%), Sodium: 985.66mg (42.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.6g (67.2%), Iron: 11.59mg (64.4%), Vitamin B3: 12.06mg (60.31%), Selenium: 38.94µg (55.63%), Vitamin B6: 0.93mg (46.31%), Vitamin A: 1957.46IU (39.15%), Phosphorus: 314.27mg (31.43%), Vitamin K: 23.8µg (22.67%), Vitamin B5: 1.67mg (16.66%), Potassium: 551.5mg

(15.76%), Calcium: 137.05mg (13.71%), Vitamin C: 11.05mg (13.4%), Vitamin B2: 0.21mg (12.25%), Magnesium: 45.09mg (11.27%), Vitamin B1: 0.16mg (10.53%), Fiber: 2.05g (8.21%), Zinc: 1.22mg (8.1%), Vitamin B12: 0.36µg (6.01%), Vitamin E: 0.79mg (5.29%), Copper: 0.1mg (5.01%), Folate: 19.81µg (4.95%), Manganese: 0.09mg (4.75%), Vitamin D: 0.23µg (1.51%)