



Grilled Chicken and Pineapple Sandwiches

 Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 large basil
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup juice of lime fresh (2 limes)
- ☐ 2 inch pineapple fresh
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 6 ounce hamburger buns whole wheat toasted

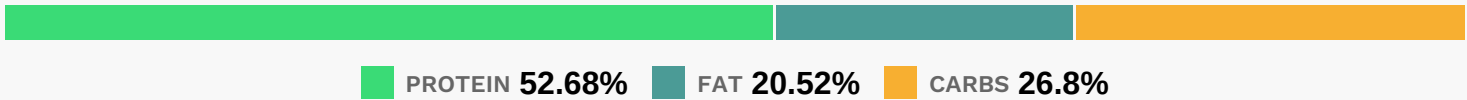
Equipment

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Sprinkle chicken evenly with salt and pepper.
- ☐ Place chicken on grill rack coated with cooking spray; grill 5 to 6 minutes on each side or until done, brushing occasionally with lime juice. Grill pineapple 2 to 3 minutes on each side or until browned.
- ☐ Spread mayonnaise on bottom halves of buns, if desired. Top each with 1 chicken breast half, 1 pineapple slice, 1 basil leaf, and 1 bun top.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:22.130000031513%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 310.57kcal (15.53%), Fat: 6.98g (10.73%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 18.76g (6.82%), Sugar: 3.04g (3.38%), Cholesterol: 108.86mg (36.29%), Sodium: 683.12mg (29.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.29g (80.58%), Vitamin B3: 19.67mg (98.37%), Selenium: 67.98µg (97.11%), Vitamin B6: 1.32mg (66.07%), Phosphorus: 411.72mg (41.17%), Vitamin B5: 2.66mg (26.57%), Manganese: 0.49mg (24.65%), Vitamin B1: 0.31mg (20.72%), Potassium: 719.38mg (20.55%), Vitamin B2: 0.31mg (17.95%), Magnesium: 64.78mg (16.19%), Folate: 56.04µg (14.01%), Iron: 2.35mg (13.08%), Zinc: 1.45mg (9.68%), Vitamin C: 7.26mg (8.8%), Copper: 0.15mg (7.33%), Fiber: 1.73g (6.93%), Vitamin B12: 0.34µg (5.74%), Calcium: 52.63mg (5.26%), Vitamin K: 3.62µg (3.45%), Vitamin E: 0.39mg (2.61%), Vitamin A: 81.11IU (1.62%), Vitamin D: 0.17µg (1.13%)