



Grilled Chicken Pineapple Sliders

 Popular

READY IN



75 min.

SERVINGS



6

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cider vinegar
- ☐ 6 hawaiian bread rolls split toasted
- ☐ 1 juice of lemon juiced
- ☐ 1 juice of lime juiced
- ☐ 6 lettuce leaves dried rinsed
- ☐ 6 pineapple rings
- ☐ 6 slices onion red
- ☐ 6 servings salt and pepper black to taste

- ☐ 3 chicken breast halves boneless skinless cut in half
- ☐ 2 tablespoons teriyaki sauce

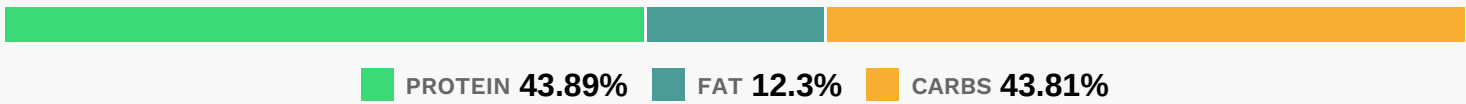
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Whisk together the lemon juice, lime juice, cider vinegar, salt and pepper in a large glass or ceramic bowl.
- ☐ Add the chicken and toss to evenly coat. Cover the bowl with plastic wrap, and marinate in the refrigerator for 1 hour.
- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- ☐ Remove the chicken from the marinade, and shake off excess. Discard the remaining marinade. Grill the chicken for 5 to 7 minutes each side, or until juices run clear when chicken is pierced with a fork. Grill pineapple for 2 to 3 minutes per side, or until heated through and grill marks appear.
- ☐ Spread 1 teaspoon teriyaki sauce on the bottom half of a toasted roll; next add a lettuce leaf, a piece of chicken, a pineapple round, and an onion slice. Replace the top and repeat with the remaining rolls.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.3, Inflammation Score:-8, Nutrition Score:9.9399999613347%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg,

Naringenin: 0.09mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg
Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg,
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg,
Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 119.6kcal (5.98%), Fat: 1.65g (2.53%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 13.19g (4.4%), Net
Carbohydrates: 11.9g (4.33%), Sugar: 10.24g (11.38%), Cholesterol: 36.7mg (12.23%), Sodium: 500.11mg (21.74%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.22g (26.43%), Vitamin A: 1825.49IU (36.51%), Vitamin B3:
6.25mg (31.27%), Selenium: 18.6µg (26.57%), Vitamin B6: 0.52mg (25.85%), Vitamin C: 14.83mg (17.97%),
Phosphorus: 144.2mg (14.42%), Potassium: 373.1mg (10.66%), Vitamin B1: 0.13mg (8.6%), Vitamin B5: 0.85mg
(8.47%), Magnesium: 32.25mg (8.06%), Vitamin B2: 0.1mg (6%), Manganese: 0.11mg (5.34%), Fiber: 1.3g (5.18%),
Folate: 18.87µg (4.72%), Copper: 0.09mg (4.51%), Iron: 0.8mg (4.45%), Zinc: 0.47mg (3.14%), Calcium: 26.6mg
(2.66%), Vitamin B12: 0.11µg (1.88%), Vitamin E: 0.21mg (1.41%)