



Grilled Pineapple-Chicken Kabob Packs

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar packed
- 0.3 teaspoon pepper red crushed
- 1 medium bell pepper green cut into 1 1/2-inch cubes
- 1 cup pineapple chunks
- 0.3 cup pineapple preserves
- 1 medium bell pepper red cut into 1 1/2-inch cubes
- 0.3 teaspoon salt
- 4 chicken breast boneless skinless cut into 2-inch cubes (1 lb)

1 tablespoon soya sauce

Equipment

bowl

grill

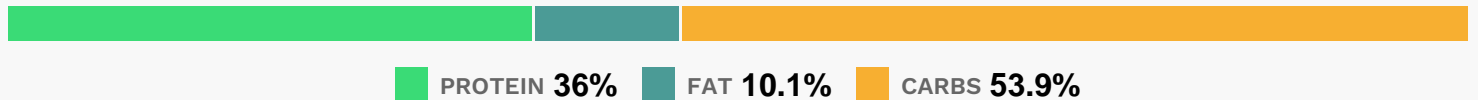
aluminum foil

tongs

Directions

- Heat gas or charcoal grill. In small bowl, stir together pineapple preserves, brown sugar, soy sauce and crushed red pepper.
- Cut 4 (24x12-inch) sheets of heavy-duty foil. Divide chicken, bell peppers, pineapple chunks and pineapple preserves mixture among foil sheets.
- Sprinkle with salt. Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- Place packets on grill over medium heat. Cover grill; cook 6 minutes. Using tongs, carefully turn packets over, taking care not to puncture foil. Cook 10 to 12 minutes longer or until chicken is no longer pink in center and vegetables are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:11.06, Inflammation Score:-8, Nutrition Score:18.98086961456%

Flavonoids

Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 282.61kcal (14.13%), Fat: 3.17g (4.88%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 38.1g (12.7%), Net Carbohydrates: 35.81g (13.02%), Sugar: 30.05g (33.38%), Cholesterol: 72.32mg (24.11%), Sodium: 543.26mg (23.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.44g (50.89%), Vitamin C: 71.41mg (86.56%),

Vitamin B3: 12.6mg (62.99%), Vitamin B6: 1.06mg (53.18%), Selenium: 37.13µg (53.04%), Phosphorus: 266.97mg (26.7%), Vitamin A: 1142.08IU (22.84%), Potassium: 648.08mg (18.52%), Vitamin B5: 1.77mg (17.66%), Magnesium: 48.46mg (12.12%), Vitamin B1: 0.17mg (11.54%), Vitamin B2: 0.19mg (11.09%), Fiber: 2.29g (9.16%), Copper: 0.16mg (7.85%), Folate: 28.16µg (7.04%), Manganese: 0.13mg (6.33%), Iron: 1.12mg (6.25%), Vitamin E: 0.89mg (5.92%), Zinc: 0.87mg (5.81%), Vitamin K: 4.43µg (4.22%), Vitamin B12: 0.23µg (3.77%), Calcium: 32.22mg (3.22%)