



## Grilled Pineapple-Chicken Pockets

READY IN



27 min.

SERVINGS



4

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup nonfat cream cheese
- 0.3 cup pepper jelly hot
- 1 tablespoon pepper jelly hot
- 8 ounce pineapple in juice undrained canned
- 2 7-inch pita bread rounds cut in half ()
- 12 ounce skinned
- 8 large spinach leaves fresh

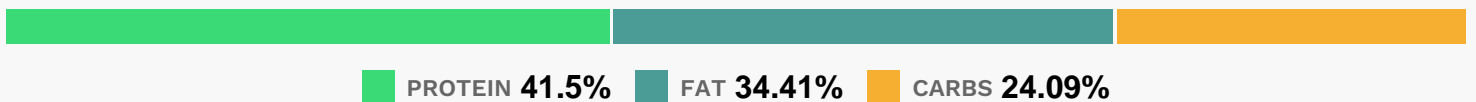
### Equipment

- sauce pan
- grill
- ziploc bags

## Directions

- Drain pineapple slices, reserving 3 tablespoons juice. Set pineapple aside.
- Combine reserved juice and 1/3 cup jelly, stirring until smooth.
- Place chicken breast halves in a large heavy-duty, zip-top plastic bag; add jelly mixture. Seal bag, and shake until chicken is well coated.
- Remove chicken from jelly mixture.
- Pour jelly mixture into a small saucepan; bring to a boil.
- Remove from heat; set aside.
- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place chicken on rack. Grill, covered, 5 minutes, basting once with reserved jelly mixture. Turn chicken, and place pineapple slices on grill with chicken; baste with remaining jelly mixture. Grill, covered, 6 minutes or until chicken is done and pineapple is thoroughly heated.
- Remove chicken and pineapple from grill.
- Cut chicken into thin slices.
- Spread inside of each pita pocket with 1 tablespoon cream cheese and 1 teaspoon jelly; place 2 spinach leaves and 1 pineapple slice in each pocket. Arrange chicken evenly in pockets.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:61.5, Glycemic Load:1.01, Inflammation Score:-6, Nutrition Score:12.872173892415%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:

0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 188.97kcal (9.45%), Fat: 7.23g (11.12%), Saturated Fat: 3.36g (21.01%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 10.35g (3.76%), Sugar: 9.49g (10.54%), Cholesterol: 68.76mg (22.92%), Sodium: 149.49mg (6.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.62g (39.25%), Vitamin B3: 9.27mg (46.36%), Selenium: 28.76µg (41.09%), Vitamin B6: 0.77mg (38.69%), Vitamin C: 30.26mg (36.68%), Phosphorus: 206.2mg (20.62%), Potassium: 467.8mg (13.37%), Vitamin B5: 1.33mg (13.29%), Vitamin K: 12.8µg (12.19%), Vitamin A: 586.64IU (11.73%), Magnesium: 37.34mg (9.34%), Vitamin B2: 0.15mg (8.7%), Vitamin B1: 0.13mg (8.67%), Copper: 0.11mg (5.53%), Zinc: 0.68mg (4.52%), Fiber: 1.04g (4.14%), Iron: 0.72mg (3.99%), Folate: 15.25µg (3.81%), Vitamin B12: 0.2µg (3.36%), Manganese: 0.07mg (3.25%), Calcium: 31.77mg (3.18%), Vitamin E: 0.45mg (2.98%)