



Grilled Pineapple Chicken Sandwiches

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices pineapple rings canned
- 1 tablespoon dijon honey mustard
- 1 bell pepper red thinly sliced
- 2 sandwich rolls split
- 2 chicken breast halves boneless skinless

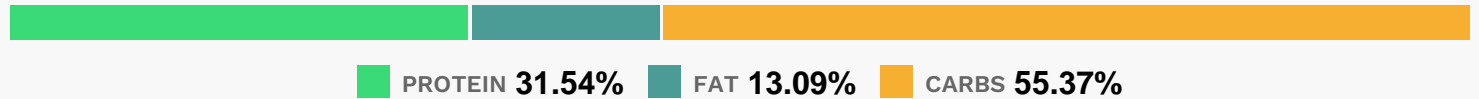
Equipment

- grill
- kitchen thermometer

Directions

- Grill or broil the chicken breasts and pineapple slices, brushing occasionally with honey mustard. Cook the chicken breasts until no longer pink in the center and the juices run clear. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- Serve the chicken on sandwich rolls, topped with pineapple slices and red bell pepper rings.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.75, Inflammation Score:-9, Nutrition Score:27.009130434783%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 393.5kcal (19.67%), Fat: 5.68g (8.74%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 54.05g (18.02%), Net Carbohydrates: 50.04g (18.2%), Sugar: 20.98g (23.31%), Cholesterol: 72.32mg (24.11%), Sodium: 482.16mg (20.96%), Protein: 30.79g (61.59%), Vitamin C: 88.04mg (106.72%), Selenium: 58.95µg (84.22%), Vitamin B3: 15.1mg (75.52%), Vitamin B6: 1.12mg (56.17%), Vitamin A: 1952.85IU (39.06%), Vitamin B1: 0.49mg (32.74%), Phosphorus: 317.61mg (31.76%), Folate: 91.64µg (22.91%), Vitamin B2: 0.38mg (22.27%), Potassium: 744.09mg (21.26%), Vitamin B5: 2.03mg (20.33%), Manganese: 0.35mg (17.29%), Magnesium: 68.71mg (17.18%), Fiber: 4.02g (16.07%), Iron: 2.86mg (15.87%), Copper: 0.25mg (12.67%), Zinc: 1.45mg (9.68%), Vitamin E: 1.42mg (9.44%), Calcium: 81.89mg (8.19%), Vitamin K: 4.27µg (4.06%), Vitamin B12: 0.23µg (3.77%)