



## Grilled Pineapple Salad

 Gluten Free  Dairy Free

READY IN



205 min.

SERVINGS



8

CALORIES



364 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10 ounce baby spinach leaves
- 10 ounce mandarin orange segments drained canned
- 2 pounds chicken breast tenderloins
- 0.3 cup dijon mustard
- 1 tablespoon rosemary fresh to taste
- 1 teaspoon garlic powder
- 0.5 cup honey
- 2 tablespoons olive oil

- 0.1 teaspoon freshly cracked pepper black
- 0.3 cup pinenuts
- 1 pineapple fresh
- 6 tablespoons poppy seed salad dressing to taste kraft® (such as )
- 1 teaspoon salt

## Equipment

- bowl
- grill
- ziploc bags
- skewers

## Directions

- Mix beer, honey, Dijon mustard, olive oil, rosemary, garlic powder, salt, and black pepper in a large resealable plastic bag until thoroughly combined.
- Add chicken to the marinade, evenly coat, and squeeze air from the bag. Seal and refrigerate several hours to overnight, turning bag over occasionally.
- Preheat outdoor grill for medium-high heat and lightly oil the grate.
- Twist top from pineapple and cut peel off in long vertical strips.
- Cut pineapple into wedges vertically and cut the tough core from each wedge.
- Thread marinated chicken tenders onto skewers. Grill chicken and pineapple wedges on the preheated grill until chicken is no longer pink inside, chicken juices run clear, and pineapple wedges are tender and show light brown grill marks, 10 to 12 minutes.
- Cut chicken and pineapple into bite-sized pieces.
- Toss spinach with pine nuts and mandarin orange segments in a large bowl. Top salad with chicken and pineapple pieces.
- Serve on salad plates; drizzle each serving with 2 teaspoons poppy seed dressing.

## Nutrition Facts



■ PROTEIN 28.83% ■ FAT 29.12% ■ CARBS 42.05%

## Properties

Glycemic Index:26.49, Glycemic Load:17.08, Inflammation Score:-10, Nutrition Score:33.708695722663%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

## Nutrients (% of daily need)

Calories: 364.37kcal (18.22%), Fat: 12.2g (18.76%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 39.62g (13.21%), Net Carbohydrates: 36.11g (13.13%), Sugar: 33.05g (36.72%), Cholesterol: 72.57mg (24.19%), Sodium: 672.81mg (29.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.16g (54.33%), Vitamin K: 182.65µg (173.95%), Vitamin C: 77.69mg (94.17%), Manganese: 1.83mg (91.46%), Vitamin A: 3907.33IU (78.15%), Vitamin B3: 13.1mg (65.48%), Selenium: 40.93µg (58.46%), Vitamin B6: 1.09mg (54.52%), Phosphorus: 308.1mg (30.81%), Folate: 98.46µg (24.61%), Potassium: 856.05mg (24.46%), Magnesium: 92.05mg (23.01%), Vitamin B5: 1.94mg (19.44%), Vitamin B1: 0.26mg (17.31%), Vitamin B2: 0.25mg (14.88%), Copper: 0.29mg (14.6%), Vitamin E: 2.18mg (14.52%), Fiber: 3.51g (14.04%), Iron: 2.38mg (13.23%), Zinc: 1.58mg (10.51%), Calcium: 71mg (7.1%), Vitamin B12: 0.23µg (3.78%)