

Taste of Home

Hawaiian Chicken

 Gluten Free

READY IN



120 min.

SERVINGS



6

CALORIES



2229 kcal

SIDE DISH

Ingredients

- 3 pounds cooking fat
- 0.3 cup butter melted
- 20 ounces pineapple chunks canned
- 0.3 cup brown sugar packed
- 2 tablespoons cornstarch
- 1 teaspoon salt
- 0.3 cup catsup
- 0.3 cup apple cider vinegar

- 1 teaspoon chili powder
- 1 teaspoon worcestershire sauce
- 1 teaspoon soya sauce
- 1 pinch ground ginger

Equipment

- sauce pan
- oven
- baking pan

Directions

- Place chicken in a greased 13-in. x 9-in. baking dish; drizzle with butter.
- Drain pineapple, reserving juice; set pineapple aside. In a saucepan, combine brown sugar, cornstarch and salt; stir in reserved pineapple juice until smooth.
- Add the ketchup, vinegar, chili powder, Worcestershire sauce, soy sauce and ginger. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Pour over chicken.
- Cover and bake at 350° for 1 hour. Uncover and bake for 30 minutes. Top with reserved pineapple; bake 15 minutes longer or until chicken juices run clear and pineapple is heated through.

Nutrition Facts

 **PROTEIN 0.16%**  **FAT 94.41%**  **CARBS 5.43%**

Properties

Glycemic Index:17.5, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:8.5260870055012%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 2228.65kcal (111.43%), Fat: 234.18g (360.28%), Saturated Fat: 72.47g (452.91%), Carbohydrates: 30.32g (10.11%), Net Carbohydrates: 28.9g (10.51%), Sugar: 25.39g (28.22%), Cholesterol: 213.11mg (71.04%), Sodium: 647.92mg (28.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin D: 10.89µg (72.57%), Vitamin E: 6.68mg (44.56%), Vitamin C: 9.56mg (11.59%), Vitamin A: 451.65IU (9.03%), Vitamin B1: 0.1mg (6.7%), Copper: 0.13mg (6.3%), Fiber: 1.42g (5.68%), Potassium: 193.6mg (5.53%), Vitamin B6: 0.11mg (5.26%), Magnesium: 18.61mg (4.65%), Manganese: 0.07mg (3.4%), Iron: 0.56mg (3.08%), Calcium: 30.4mg (3.04%), Vitamin B2: 0.05mg (3.01%), Vitamin B3: 0.56mg (2.81%), Vitamin K: 2.09µg (1.99%), Selenium: 1.31µg (1.88%), Phosphorus: 16.82mg (1.68%), Folate: 6.66µg (1.66%), Zinc: 0.16mg (1.05%)