

Hawaiian Chicken I

 **Gluten Free**

READY IN



510 min.

SERVINGS



6

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup brown sugar packed
- 0.5 cup butter melted
- 0.8 cup pineapple juice unsweetened
- 6 pineapple rings
- 6 chicken breast halves boneless skinless
- 0.8 cup soya sauce
- 2 cups teriyaki sauce divided
- 6 tablespoons worcestershire sauce

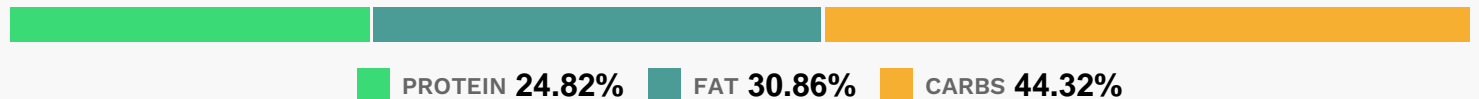
Equipment

- sauce pan
- grill

Directions

- Place the chicken breast halves in a dish with the 1 1/2 cups of teriyaki sauce. Cover and refrigerate 8 hours or overnight.
- Preheat a grill for high heat.
- Lightly oil the grill grate.
- Place chicken breasts on grill, and discard marinade. Cook for 8 minutes per side, or until juices run clear.
- Brush with the remaining teriyaki sauce during the last 5 minutes. When almost done, place one pineapple ring on top of each breast, and brush with melted butter.
- In a small saucepan over medium heat, mix the brown sugar, soy sauce, pineapple juice, and Worcestershire sauce. Cook, stirring occasionally, until sugar is dissolved.
- Serve with chicken for dipping!

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:1.93, Inflammation Score:-6, Nutrition Score:19.629130384196%

Nutrients (% of daily need)

Calories: 534.72kcal (26.74%), Fat: 18.41g (28.33%), Saturated Fat: 10.37g (64.84%), Carbohydrates: 59.51g (19.84%), Net Carbohydrates: 58.38g (21.23%), Sugar: 53.49g (59.43%), Cholesterol: 112.99mg (37.66%), Sodium: 5779.31mg (251.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.32g (66.64%), Vitamin B3: 14.53mg (72.64%), Selenium: 38.31µg (54.73%), Vitamin B6: 1.08mg (54.22%), Phosphorus: 445.03mg (44.5%), Magnesium: 116.69mg (29.17%), Potassium: 981.72mg (28.05%), Iron: 4.09mg (22.73%), Vitamin B5: 1.98mg (19.85%), Manganese: 0.33mg (16.4%), Vitamin B2: 0.27mg (15.94%), Copper: 0.29mg (14.7%), Vitamin C: 11.87mg (14.39%), Vitamin B1: 0.21mg (13.76%), Vitamin A: 550.03IU (11%), Calcium: 93.96mg (9.4%), Folate: 27.78µg (6.95%), Zinc: 1.02mg (6.82%), Vitamin E: 0.68mg (4.56%), Fiber: 1.13g (4.51%), Vitamin B12: 0.26µg (4.3%), Vitamin K: 2.21µg (2.1%)