



Hawaiian Chicken with Pineapple Salsa

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon ground coriander
- 2 teaspoons jalapeno minced
- 15.3 ounce pineapple tidbits in juice drained canned
- 0.3 cup pineapple preserves divided
- 0.5 teaspoon salt
- 1 tablespoon seasoned rice vinegar
- 16 ounce skinned

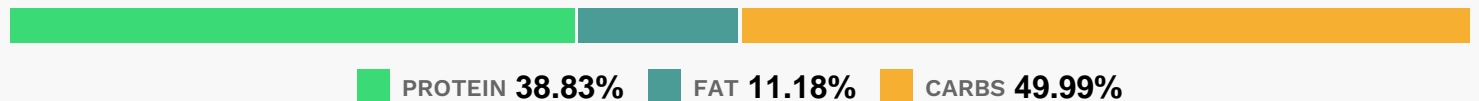
Equipment

- bowl
- frying pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Place chicken between two sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness, using a meat mallet or rolling pin.
- Sprinkle chicken with coriander and salt; coat with cooking spray.
- Coat a large skillet with cooking spray; place over medium heat until hot.
- Add chicken, and cook 5 to 6 minutes on each side or until chicken is done.
- Add 2 tablespoons preserves to skillet, and cook until chicken is glazed, turning once.
- Combine remaining 2 tablespoons preserves, pineapple, and remaining 3 ingredients in a bowl; stir well.
- Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:7.96, Inflammation Score:-4, Nutrition Score:14.151739224144%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 256.36kcal (12.82%), Fat: 3.17g (4.88%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 31.93g (10.64%), Net Carbohydrates: 29.99g (10.9%), Sugar: 25.83g (28.7%), Cholesterol: 72.57mg (24.19%), Sodium: 430.9mg (18.73%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.81g (49.62%), Vitamin B3: 12.2mg (60.98%), Selenium: 37.32µg (53.31%), Vitamin B6: 0.95mg (47.33%), Phosphorus: 253.07mg (25.31%), Vitamin C: 16.73mg (20.28%), Potassium: 587.84mg (16.8%), Vitamin B5: 1.63mg (16.34%), Vitamin B1: 0.19mg (12.61%), Magnesium: 48.88mg (12.22%), Vitamin B2: 0.16mg (9.24%), Copper: 0.18mg (8.81%), Fiber: 1.95g (7.79%), Zinc: 0.81mg (5.41%), Iron: 0.94mg (5.2%), Vitamin K: 4.55µg (4.33%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 182.49IU (3.65%), Folate: 13.57µg (3.39%), Calcium: 32.15mg (3.21%), Vitamin E: 0.38mg (2.51%), Manganese: 0.04mg (2.23%)