



Honey Teriyaki Chicken with Ripe Pineapple Spears and Black and White Rice Balls

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



853 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons sesame seed white black toasted
- 1 tablespoon butter
- 1 cup chicken broth
- 1 inch ginger root peeled chopped
- 0.3 cup honey
- 1 pineapple ripe
- 1 teaspoon salt

- 4 servings salt and pepper
- 4 scallions thinly sliced
- 1 tablespoon sesame oil toasted
- 4 chicken breasts boneless skinless
- 4 chicken thighs boneless skinless
- 0.5 cup teriyaki sauce
- 4 servings vegetable oil for drizzling
- 2 cups water
- 1 cup rice white

Equipment

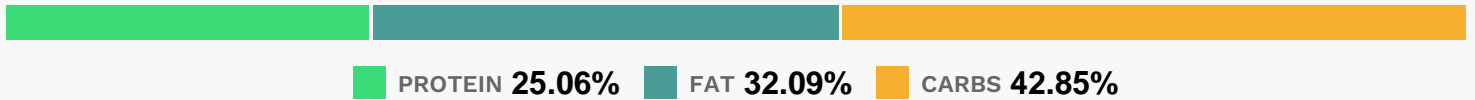
- frying pan
- pot
- grill
- ice cream scoop
- grill pan
- pastry brush

Directions

- Preheat a grill pan or large griddle over medium high heat.
- Bring water to a boil in a small covered pot.
- Add butter, salt and rice to the pot. Return the water to a boil. Reduce heat to simmer and replace cover. Simmer 18 minutes and remove rice from heat. Take the lid off the pot to cool rice a bit. Scoop rice into balls with an ice cream scoop and your hands. Dampen hands with water to work with rice if it is very sticky. Set rice balls on a plate and sprinkle with black sesame seeds.
- While your rice is cooking, lightly coat chicken with oil, salt and pepper.
- Place chicken on hot grill and cook 6 minutes on the first side.
- While chicken is cooking, bring chicken broth and ginger to a boil. Stir in honey. When honey has dissolved into broth, add teriyaki sauce and sesame oil and reduce heat to simmer.

- Turn chicken and coat liberally with honey teriyaki sauce using a basting brush. Cook chicken 4 minutes, turn again and baste liberally again with sauce, then cook 2 minutes longer.
- Remove chicken to a plate.
- Garnish chicken with sliced scallions.
- While chicken cooks on the second side, peel and cut a ripe pineapple into 8 spears.
- Cut off top and bottom of pineapple. Set pineapple upright and trim away skin in strips from top to bottom. Halve pineapple lengthwise and quarter each 1/2, lengthwise. The core is edible, but may be trimmed if you wish. Pineapple can be very acidic. Spears set in cold water for just 1 minute will keep the fruit from stinging your lips when it is eaten.
- Serve with chicken and rice balls

Nutrition Facts



Properties

Glycemic Index:76.03, Glycemic Load:47.28, Inflammation Score:-8, Nutrition Score:40.663913063381%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 853.16kcal (42.66%), Fat: 30.64g (47.14%), Saturated Fat: 6.63g (41.45%), Carbohydrates: 92.08g (30.69%), Net Carbohydrates: 87.41g (31.79%), Sugar: 45.39g (50.43%), Cholesterol: 188.37mg (62.79%), Sodium: 2640mg (114.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.84g (107.68%), Manganese: 2.8mg (140.16%), Vitamin C: 111.95mg (135.7%), Vitamin B3: 20.84mg (104.19%), Selenium: 71.21µg (101.72%), Vitamin B6: 1.76mg (88.07%), Phosphorus: 609.57mg (60.96%), Vitamin K: 56.44µg (53.75%), Vitamin B5: 4.03mg (40.27%), Copper: 0.69mg (34.68%), Magnesium: 135.52mg (33.88%), Potassium: 1157.44mg (33.07%), Vitamin B1: 0.45mg (29.81%), Vitamin B2: 0.5mg (29.25%), Zinc: 3.65mg (24.35%), Iron: 3.87mg (21.5%), Fiber: 4.67g (18.66%), Folate: 68.63µg (17.16%), Vitamin B12: 0.97µg (16.11%), Vitamin E: 1.89mg (12.62%), Calcium: 123.59mg (12.36%), Vitamin A: 400.89IU (8.02%)