



Instant Pot Hawaiian Chicken

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

READY IN



18 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 oz barbecue sauce
- 3 chicken breast
- 20 oz dole pineapple tidbits drained ()

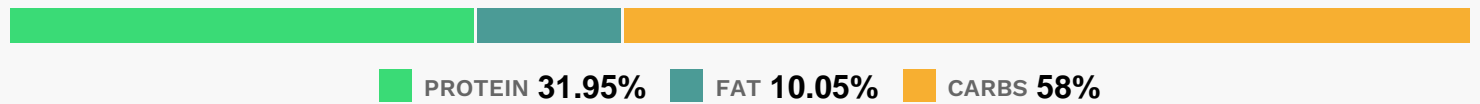
Equipment

- tongs
- instant pot

Directions

- First, place your trivet in the bottom of the Instant Pot and add about a cup of water (depending on the size of the Instant Pot) and a tablespoon of the pineapple juice.
- Next, mix together your Dole pineapple tidbits and the barbecue sauce. Cover the chicken breasts with the barbecue pineapple mixture, and then place onto the trivet.
- Make sure the lid is securely sealed and then place the Instant Pot on manual mode and cook with High pressure for about 13 minutes. Don't forget to place the steam valve over to "sealing".
- When time is up hit cancel and allow 5-10 minutes to naturally release pressure.
- Remove your chicken from the Instant Pot with tongs and serve over a bed of rice, or for a healthier version, over a bed of lettuce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:21.964782608696%

Taste

Sweetness: 100%, Saltiness: 86.07%, Sourness: 40.42%, Bitterness: 32.32%, Savoriness: 61.55%, Fattiness: 53.16%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 473.32kcal (23.67%), Fat: 5.26g (8.09%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 68.32g (22.77%), Net Carbohydrates: 65.46g (23.8%), Sugar: 57.86g (64.29%), Cholesterol: 108.48mg (36.16%), Sodium: 1366.04mg (59.39%), Protein: 37.64g (75.28%), Vitamin B3: 18.76mg (93.79%), Selenium: 56.28µg (80.4%), Vitamin B6: 1.46mg (73.05%), Phosphorus: 388.55mg (38.86%), Potassium: 1066mg (30.46%), Vitamin B5: 2.6mg (26.01%), Magnesium: 80.07mg (20.02%), Vitamin C: 16.04mg (19.44%), Vitamin B1: 0.28mg (18.61%), Vitamin B2: 0.26mg (15.46%), Copper: 0.28mg (13.95%), Fiber: 2.86g (11.45%), Iron: 1.75mg (9.72%), Zinc: 1.32mg (8.78%), Manganese: 0.17mg (8.42%), Vitamin E: 1.26mg (8.38%), Vitamin A: 375.74IU (7.51%), Calcium: 68.58mg (6.86%), Vitamin B12: 0.34µg (5.65%), Folate: 16.14µg (4.03%), Vitamin K: 3.37µg (3.21%), Vitamin D: 0.17µg (1.13%)