



Island Chicken



Gluten Free



Dairy Free

READY IN



24 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 2.3 teaspoons jamaican jerk seasoning salt-free divided (recommended: The Spice Hunter)
- ☐ 20 ounce no-sugar added pineapple with juice reserved (recommended: dole) canned
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 4 servings salt
- ☐ 24 ounce chicken breasts boneless skinless

Equipment

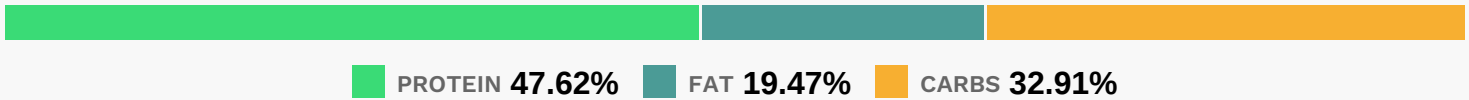
- ☐ paper towels

- ☐ sauce pan
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan
- ☐ pastry brush

Directions

- ☐ Preheat grill or cast iron grill pan to medium-high heat.
- ☐ Remove any excess fat from chicken and rinse under cold water. Pat dry with paper towels. Use a pastry brush to brush with olive oil and season with 1 1/2 teaspoons jerk seasoning and salt, if desired. Set aside.
- ☐ Drain pineapple slices and reserve juice. Season both sides of pineapple slices with 1/2 teaspoon of jerk seasoning; set aside.
- ☐ In small saucepan, bring reserved pineapple juice, remaining 1/4 teaspoon jerk seasoning, and brown sugar to a boil over high heat. Reduce liquid by 1/2, about 5 minutes.
- ☐ Remove from heat and set aside.
- ☐ Just before grilling, oil grate.
- ☐ Place chicken breasts on grate and grill for 4 to 5 minutes per side or until cooked through.
- ☐ Remove to platter and tent with foil.
- ☐ Place pineapple slices on grate and grill for 1 to 2 minutes per side until grill marks appear and pineapple is heated through.
- ☐ Serve chicken breasts with pineapple slices and warm sauce.
- ☐ NOTE: Chicken may also be broiled 4 to 6 inches from heat source for 6 to 8 minutes per side. Broil pineapple 1 to 2 minutes per side.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:20.05478252017%

Nutrients (% of daily need)

Calories: 311.21kcal (15.56%), Fat: 6.72g (10.34%), Saturated Fat: 1.28g (8%), Carbohydrates: 25.56g (8.52%), Net Carbohydrates: 23.32g (8.48%), Sugar: 23.2g (25.78%), Cholesterol: 108.86mg (36.29%), Sodium: 411.85mg (17.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.99g (73.98%), Vitamin B3: 18.28mg (91.39%), Selenium: 55.26µg (78.95%), Vitamin B6: 1.41mg (70.26%), Phosphorus: 370.62mg (37.06%), Vitamin B5: 2.44mg (24.38%), Potassium: 831.11mg (23.75%), Vitamin C: 15.37mg (18.63%), Vitamin B1: 0.26mg (17.08%), Magnesium: 67.44mg (16.86%), Vitamin B2: 0.21mg (12.38%), Copper: 0.21mg (10.52%), Vitamin A: 455.47IU (9.11%), Fiber: 2.23g (8.94%), Zinc: 1.18mg (7.85%), Vitamin E: 1.07mg (7.12%), Iron: 1.25mg (6.97%), Vitamin B12: 0.34µg (5.67%), Calcium: 37.53mg (3.75%), Folate: 14.24µg (3.56%), Vitamin K: 3.73µg (3.55%), Manganese: 0.05mg (2.35%), Vitamin D: 0.17µg (1.13%)