



 **62%**
HEALTH SCORE

Jake's Keawe-smoked Chicken Halves served with Jake's Smoked Pineapple-Mango Salsa

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



140 min.

SERVINGS



1

CALORIES



533 kcal

SIDE DISH

Ingredients

- 1 serving chickens whole cut in halves
- 1 serving cilantro leaves chopped
- 1 pineapple peeled cut in 1/2
- 1 bell pepper red cut in 1/2
- 1 onion red peeled cut in 1/2
- 1 serving red wine vinegar
- 1 serving chili sauce sweet

Equipment

bowl

Directions

Special equipment: keawe-fired smoker

Place chicken pieces on keawe-fired smoker for about 2 hours at 170 to 200 degrees F.

Place the pineapple and vegetables for the salsa on smoker for 1 hour. Take the pineapple and vegetables off the smoker, chop them into small bite-size pieces for the salsa and combine in a bowl.

Add the chopped cilantro, red wine vinegar and sweet chili sauce, to taste, and mix everything together.

Serve the pineapple-mango salsa right over the smoked chicken halves, or on the side.

Nutrition Facts



PROTEIN 5.05% **FAT 2.61%** **CARBS 92.34%**

Properties

Glycemic Index:149.67, Glycemic Load:65.89, Inflammation Score:-10, Nutrition Score:36.346521996286%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 23.92mg, Quercetin: 23.92mg, Quercetin: 23.92mg, Quercetin: 23.92mg

Nutrients (% of daily need)

Calories: 532.6kcal (26.63%), Fat: 1.71g (2.64%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 136.52g (45.51%), Net Carbohydrates: 119.47g (43.44%), Sugar: 99.28g (110.31%), Cholesterol: 0.86mg (0.29%), Sodium: 29.35mg (1.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.92%), Vitamin C: 593.13mg (718.94%), Manganese: 8.67mg (433.38%), Vitamin A: 4268.17IU (85.36%), Vitamin B6: 1.5mg (74.76%), Fiber: 17.05g (68.19%), Folate: 238.86µg (59.72%), Vitamin B1: 0.83mg (55.36%), Copper: 1.06mg (53%), Potassium: 1402.57mg (40.07%), Magnesium: 134.3mg (33.57%), Vitamin B3: 5.88mg (29.41%), Vitamin B2: 0.42mg (24.84%), Vitamin B5: 2.45mg (24.51%), Iron: 3.41mg (18.92%), Calcium: 151.75mg (15.17%), Vitamin E: 2.09mg (13.9%), Phosphorus: 137.34mg

(13.73%), Vitamin K: 12.92µg (12.3%), Zinc: 1.59mg (10.57%), Selenium: 1.69µg (2.42%)