



Perfect Pineapple Orange Chicken

 Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter softened
- ☐ 0.5 cup orange juice
- ☐ 0.5 cup pineapple juice
- ☐ 4 servings salt and pepper to taste
- ☐ 2 pound meat from a rotisserie chicken whole rinsed

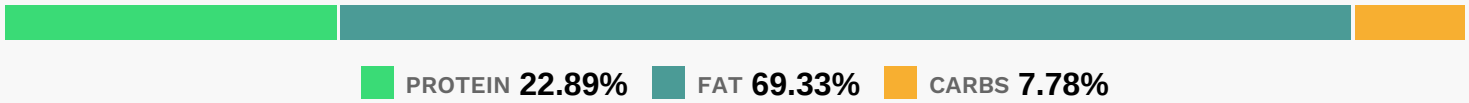
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place rinsed and dried chicken on a tray. Rub butter all over the chicken, top and bottom, then season evenly with salt and pepper to taste.
- ☐ Pour the pineapple juice and orange juice in the tray, not directly over the chicken.
- ☐ Bake chicken uncovered in the preheated oven for 1 1/2 hours, basting every 5 to 10 minutes with the juices. When it is done it should be a perfect golden brown.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:3.37, Inflammation Score:-5, Nutrition Score:9.9913043651892%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 364.02kcal (18.2%), Fat: 27.85g (42.84%), Saturated Fat: 11.9g (74.36%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 6.91g (2.51%), Sugar: 5.56g (6.17%), Cholesterol: 111.75mg (37.25%), Sodium: 360.91mg (15.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.69g (41.38%), Vitamin B3: 7.59mg (37.96%), Vitamin C: 20.19mg (24.47%), Selenium: 15.88µg (22.68%), Vitamin B6: 0.42mg (21.17%), Phosphorus: 171.02mg (17.1%), Vitamin A: 565.74IU (11.31%), Vitamin B5: 1.08mg (10.81%), Zinc: 1.49mg (9.91%), Vitamin B2: 0.15mg (8.88%), Potassium: 309.5mg (8.84%), Manganese: 0.17mg (8.71%), Vitamin B1: 0.11mg (7.4%), Magnesium: 29.01mg (7.25%), Iron: 1.14mg (6.32%), Vitamin B12: 0.36µg (6.02%), Folate: 21.56µg (5.39%), Vitamin E: 0.67mg (4.46%), Copper: 0.09mg (4.32%), Vitamin K: 2.73µg (2.6%), Calcium: 22.7mg (2.27%), Vitamin D: 0.22µg (1.45%)