



Pineapple Chicken

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

READY IN



41 min.

SERVINGS



41

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices oscar mayer bacon cut into 1/2-inch pieces
- 0.5 cup balsamic vinaigrette dressing kraft
- 2 bay leaves
- 2 Tbsp brown sugar
- 3 lb broiler-fryer chicken skinless cut into pieces,
- 1 cinnamon sticks
- 1 Tbsp cornstarch
- 15 slices oscar mayer deli honey ham fresh chopped

- 2 Tbsp parsley fresh chopped
- 3 cloves garlic chopped
- 1 onion chopped
- 20 oz pineapple chunks in juice undrained canned

Equipment

- frying pan
- dutch oven

Directions

- Drain pineapple, reserving juice. Dissolve cornstarch in 2 Tbsp. reserved juice; set remaining juice aside for later use. Cook chicken in Dutch oven or deep large skillet on medium heat 5 min. or until evenly browned, turning occasionally. Stir in dressing, remaining pineapple juice, pineapple chunks, sugar, cloves, cinnamon stick and bay leaves. Cover; cook 20 min. on medium-low heat or until chicken is done (165F).
- Meanwhile, cook bacon in medium skillet until crisp; drain. Return bacon to skillet.
- Add ham, onions and garlic; cook on medium heat 5 to 8 min. or until onions are golden brown, stirring frequently.
- Add cornstarch to chicken mixture; cook and stir 1 min. or until sauce is slightly thickened. Discard cloves, cinnamon stick and bay leaves. Reserve 1/2 cup bacon mixture.
- Add remaining to chicken mixture; mix well.
- Serve topped with reserved bacon mixture and parsley.

Nutrition Facts



Properties

Glycemic Index:2.29, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.8182608899863%

Flavonoids

Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg,

Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 96.08kcal (4.8%), Fat: 6.47g (9.96%), Saturated Fat: 1.83g (11.41%), Carbohydrates: 3.54g (1.18%), Net Carbohydrates: 3.26g (1.19%), Sugar: 2.76g (3.06%), Cholesterol: 20.42mg (6.81%), Sodium: 180.54mg (7.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.41%), Vitamin B3: 1.72mg (8.59%), Selenium: 5.38µg (7.69%), Vitamin B1: 0.1mg (6.4%), Vitamin B6: 0.12mg (6.01%), Phosphorus: 52.28mg (5.23%), Zinc: 0.51mg (3.4%), Vitamin K: 3.42µg (3.25%), Vitamin B2: 0.05mg (2.85%), Potassium: 89.93mg (2.57%), Vitamin C: 2.07mg (2.51%), Vitamin B12: 0.13µg (2.18%), Vitamin B5: 0.22mg (2.16%), Magnesium: 8.12mg (2.03%), Iron: 0.32mg (1.78%), Copper: 0.04mg (1.75%), Manganese: 0.03mg (1.4%), Fiber: 0.28g (1.14%)