



Pineapple Chicken Delight



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 ounce barbeque sauce
- ☐ 1 bell pepper green sliced
- ☐ 20 1 (20 ounce) can sliced juice-packed pineapple drained sliced canned
- ☐ 4 medium potatoes red sliced
- ☐ 6 chicken breast halves boneless skinless

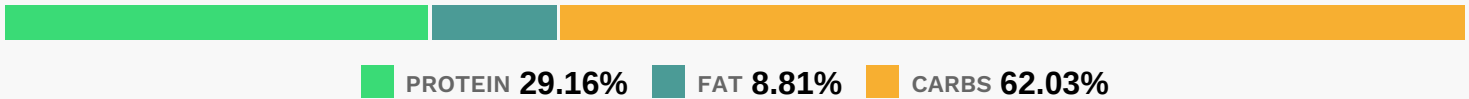
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Lightly grease a medium baking dish.
- ☐ Place the chicken in the baking dish. Arrange pepper, potatoes, and pineapple around chicken.
- ☐ Pour the reserved pineapple juice over all, and top with barbeque sauce.
- ☐ Bake 1 hour in the preheated oven, or until chicken juices run clear and potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:20.234782571378%

Flavonoids

Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 380.24kcal (19.01%), Fat: 3.7g (5.69%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 58.63g (19.54%), Net Carbohydrates: 55.1g (20.04%), Sugar: 30.88g (34.31%), Cholesterol: 72.32mg (24.11%), Sodium: 1033.3mg (44.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.55g (55.11%), Vitamin B3: 14.03mg (70.14%), Vitamin B6: 1.2mg (59.97%), Selenium: 37.98µg (54.26%), Potassium: 1300.55mg (37.16%), Vitamin C: 30.36mg (36.8%), Phosphorus: 345.16mg (34.52%), Vitamin B5: 2.17mg (21.67%), Magnesium: 74.06mg (18.51%), Manganese: 0.37mg (18.27%), Copper: 0.3mg (14.87%), Vitamin B1: 0.22mg (14.68%), Fiber: 3.52g (14.09%), Vitamin B2: 0.21mg (12.41%), Iron: 2.08mg (11.54%), Zinc: 1.3mg (8.65%), Folate: 34.36µg (8.59%), Vitamin K: 7.35µg (7%), Vitamin E: 0.98mg (6.56%), Vitamin A: 307.9IU (6.16%), Calcium: 50.33mg (5.03%), Vitamin B12: 0.23µg (3.77%)