



## Pineapple Chicken Tenders

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

READY IN



70 min.

SERVINGS



10

CALORIES



162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup brown sugar packed
- 2 pounds chicken breast tenderloins
- 0.3 cup soya sauce light
- 1 cup pineapple juice

### Equipment

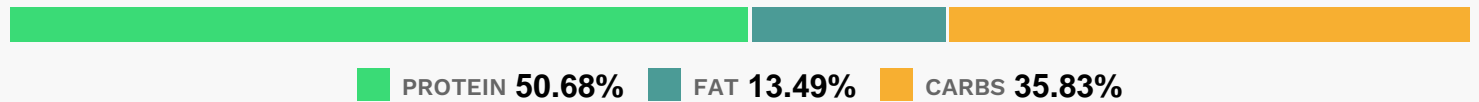
- bowl
- sauce pan
- grill

wooden skewers

## Directions

- In a small saucepan over medium heat, mix pineapple juice, brown sugar, and soy sauce.
- Remove from heat just before the mixture comes to a boil.
- Place chicken tenders in a medium bowl. Cover with the pineapple marinade, and refrigerate for at least 30 minutes.
- Preheat grill for medium heat. Thread chicken lengthwise onto wooden skewers.
- Lightly oil the grill grate. Grill chicken tenders 5 minutes per side, or until juices run clear. They cook quickly, so watch them closely.

## Nutrition Facts



## Properties

Glycemic Index:6.1, Glycemic Load:1.43, Inflammation Score:-2, Nutrition Score:9.7834783786017%

## Nutrients (% of daily need)

Calories: 162.37kcal (8.12%), Fat: 2.39g (3.67%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 14.15g (5.15%), Sugar: 13.16g (14.62%), Cholesterol: 58.06mg (19.35%), Sodium: 540.77mg (23.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.17g (40.34%), Vitamin B3: 9.83mg (49.13%), Selenium: 29.25µg (41.78%), Vitamin B6: 0.72mg (36.15%), Phosphorus: 202.89mg (20.29%), Vitamin B5: 1.35mg (13.5%), Potassium: 397.36mg (11.35%), Manganese: 0.18mg (8.91%), Magnesium: 30.5mg (7.63%), Vitamin B2: 0.11mg (6.32%), Vitamin B1: 0.08mg (5.09%), Vitamin C: 3.45mg (4.18%), Zinc: 0.59mg (3.92%), Iron: 0.67mg (3.73%), Vitamin B12: 0.18µg (3.02%), Copper: 0.06mg (2.82%), Folate: 9.38µg (2.34%), Calcium: 18.28mg (1.83%), Vitamin E: 0.18mg (1.18%)