



Pineapple Cranberry Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 ounce pineapple crushed drained canned
- 0.5 teaspoon ground cinnamon
- 4 pounds chicken breast halves boneless skinless
- 16 ounce roasted cranberry sauce whole canned

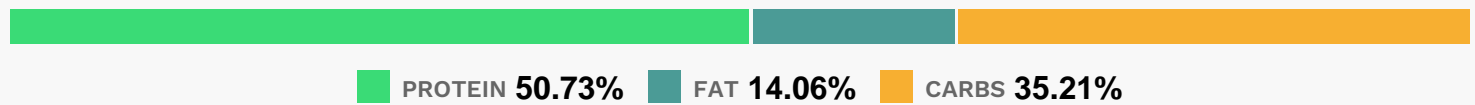
Equipment

- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Place chicken in a lightly greased 9x13 inch baking dish and pierce with a fork.
- Layer cranberry sauce and pineapple over chicken and sprinkle with cinnamon.
- Cover dish and bake in the preheated oven for 25 minutes.
- Remove cover and bake for another 15 minutes, or until chicken is cooked through (juices run clear).

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:22.439130430636%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 391.53kcal (19.58%), Fat: 6.04g (9.29%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 34.04g (11.35%), Net Carbohydrates: 32.42g (11.79%), Sugar: 28.14g (31.27%), Cholesterol: 145.15mg (48.38%), Sodium: 266.64mg (11.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.03g (98.05%), Vitamin B3: 23.91mg (119.57%), Selenium: 73.09µg (104.41%), Vitamin B6: 1.76mg (88%), Phosphorus: 483.58mg (48.36%), Vitamin B5: 3.23mg (32.32%), Potassium: 943.44mg (26.96%), Magnesium: 70.81mg (17.7%), Vitamin B1: 0.23mg (15.06%), Vitamin B2: 0.25mg (14.92%), Vitamin C: 9.96mg (12.07%), Zinc: 1.41mg (9.37%), Copper: 0.15mg (7.61%), Vitamin B12: 0.45µg (7.56%), Iron: 1.28mg (7.11%), Vitamin E: 0.98mg (6.5%), Fiber: 1.61g (6.45%), Manganese: 0.09mg (4.49%), Folate: 13.19µg (3.3%), Calcium: 25.63mg (2.56%), Vitamin A: 127.66IU (2.55%), Vitamin K: 1.78µg (1.7%), Vitamin D: 0.23µg (1.51%)