



Pineapple-Glazed Chicken Breasts with Couscous Pilaf

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon chicken bouillon instant
- 0.5 cup couscous uncooked
- 2 tablespoons spring onion sliced (2 medium)
- 2 teaspoons mustard sweet hot
- 0.3 cup pineapple preserves
- 2 tablespoons bell pepper red finely chopped
- 0.5 lb chicken breast halves boneless skinless

- 0.8 cup water
- 2 teaspoons water

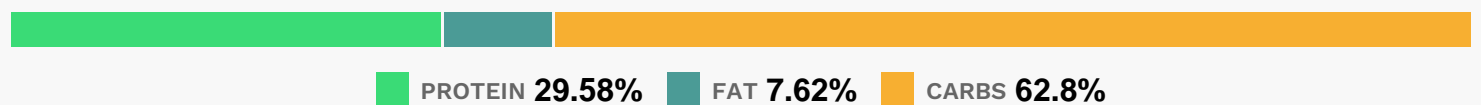
Equipment

- bowl
- frying pan
- sauce pan
- aluminum foil
- microwave
- broiler pan

Directions

- In 1-quart saucepan, heat bell pepper, bouillon and water to boiling over high heat.
- Remove from heat; stir in couscous. Cover; let stand 5 minutes. Stir in onions; set aside; transfer half of mixture to a small microwavable bowl.
- Meanwhile, line broiler pan with foil; spray with cooking spray.
- Place chicken breast halves on pan. Broil 4 to 6 inches from heat 5 minutes. In small bowl, mix preserves and mustard; transfer half of mixture to a small microwaveable bowl.
- Turn chicken.
- Brush chicken with half of preserves mixture; discard any remaining. Broil 3 to 5 minutes longer or until chicken is fork-tender and juices run clear.
- Stir couscous mixture lightly with fork; divide evenly onto 2 individual serving plates. Top each with chicken. Stir water into remaining preserves mixture. Microwave on High 20 to 40 seconds or until warm; spoon over chicken. If desired, garnish with additional sliced green onions.

Nutrition Facts



Properties

Glycemic Index:108, Glycemic Load:36.43, Inflammation Score:-5, Nutrition Score:17.240000061367%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 417.46kcal (20.87%), Fat: 3.45g (5.31%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 64.04g (21.35%), Net Carbohydrates: 60.84g (22.12%), Sugar: 21.22g (23.57%), Cholesterol: 72.57mg (24.19%), Sodium: 212.96mg (9.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.17g (60.33%), Vitamin B3: 13.5mg (67.51%), Selenium: 38.89µg (55.55%), Vitamin B6: 0.94mg (46.98%), Phosphorus: 329.79mg (32.98%), Vitamin B5: 2.21mg (22.11%), Vitamin C: 18.15mg (22%), Manganese: 0.41mg (20.61%), Potassium: 567.81mg (16.22%), Magnesium: 55.88mg (13.97%), Fiber: 3.2g (12.79%), Vitamin K: 13.18µg (12.55%), Vitamin B2: 0.2mg (11.5%), Vitamin B1: 0.17mg (11.18%), Copper: 0.21mg (10.26%), Vitamin A: 388.57IU (7.77%), Zinc: 1.13mg (7.54%), Iron: 1.3mg (7.24%), Folate: 26.34µg (6.58%), Vitamin B12: 0.23µg (3.78%), Calcium: 35.52mg (3.55%), Vitamin E: 0.46mg (3.09%)