



WHATSheATE



Pineapple-Glazed Chicken with Jalapeño Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast halves boneless with skin (1 3/4 pounds total)
- ☐ 2 tablespoons brown sugar packed ()
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.8 cup cubes pineapple fresh
- ☐ 1.5 tablespoons jalapeño chiles canned drained sliced coarsely chopped
- ☐ 0.3 cup pineapple juice
- ☐ 3 tablespoons bell pepper diced red finely
- ☐ 1.5 tablespoons onion red finely chopped

☐ 1 tablespoon mustard yellow

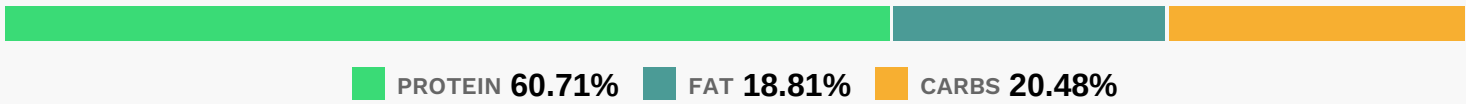
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F. Bring pineapple juice, brown sugar, and mustard to boil in small saucepan, stirring to dissolve sugar. Boil until glaze has thickened slightly, about 1 minute. Season with salt and pepper.
- ☐ Mix pineapple, red pepper, cilantro, onion, and chiles in medium bowl. Season with salt and pepper.
- ☐ Line baking sheet with foil.
- ☐ Place chicken on sheet and brush with glaze.
- ☐ Bake 15 minutes.
- ☐ Brush again with glaze, then broil until cooked through and golden, watching closely to avoid burning, about 5 minutes longer.
- ☐ Let rest 5 minutes.
- ☐ Spoon salsa over chicken and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:1.1, Inflammation Score:-4, Nutrition Score:13.196086997571%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 189.64kcal (9.48%), Fat: 3.88g (5.97%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 8.94g (3.25%), Sugar: 8.41g (9.35%), Cholesterol: 83.77mg (27.92%), Sodium: 453.68mg (19.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.19g (56.39%), Vitamin B3: 11.99mg (59.95%), Selenium: 37.57µg (53.68%), Vitamin B6: 0.92mg (45.75%), Phosphorus: 247.28mg (24.73%), Vitamin C: 18.8mg (22.79%), Vitamin B5: 1.68mg (16.84%), Potassium: 486.59mg (13.9%), Magnesium: 35.62mg (8.91%), Vitamin B2: 0.13mg (7.64%), Vitamin A: 336.64IU (6.73%), Manganese: 0.13mg (6.51%), Vitamin B1: 0.1mg (6.39%), Zinc: 0.73mg (4.87%), Iron: 0.76mg (4.23%), Vitamin B12: 0.23µg (3.77%), Vitamin E: 0.55mg (3.67%), Folate: 13.12µg (3.28%), Copper: 0.05mg (2.61%), Vitamin K: 2.65µg (2.53%), Fiber: 0.57g (2.27%), Calcium: 17.14mg (1.71%)