



Pineapple-Glazed Spicy Chicken Breasts

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons t brown sugar dark packed
- 1.5 teaspoons salt
- 1.5 teaspoons ground coriander
- 1.5 teaspoons ground allspice
- 0.8 teaspoon ground cinnamon
- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground pepper red (cayenne)
- 4 chicken breast boneless skinless

- 2 tablespoons vegetable oil
- 0.5 cup pineapple juice
- 0.3 cup maple syrup
- 1 tablespoon juice of lemon
- 2 tablespoons butter
- 2 teaspoons dijon mustard

Equipment

- sauce pan
- plastic wrap
- grill
- rolling pin
- meat tenderizer

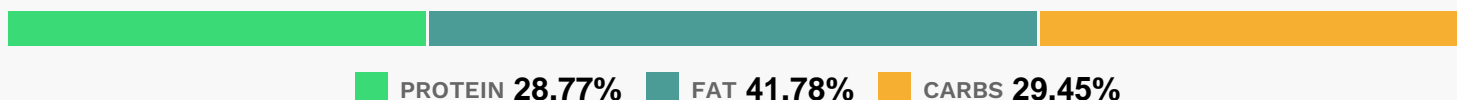
Directions

- In 9-inch pie plate, mix brown sugar, salt, coriander, allspice, cinnamon, cumin and red pepper; set aside.
- Place chicken between pieces of plastic wrap or waxed paper. Use flat side of a meat mallet, pounder or rolling pin to gently pound each chicken piece to 1/4-inch thickness.
- Drizzle oil over chicken and work it in with your hands.
- Place one piece of chicken in spice mixture and turn over to make sure all surfaces are coated with thin layer of spices.
- Place chicken on plate. Repeat with remaining chicken.
- In 1-quart saucepan, heat all glaze ingredients to boiling over medium heat. Cook uncovered about 10 minutes, stirring occasionally, until thickened and syrupy and reduced to 1/2 cup.
- Remove from heat.
- Remove 2 tablespoons glaze to brush over chicken.
- Spray grill rack with cooking spray or brush with oil.
- Heat coals or gas grill for medium-high heat. (To test heat for cooking, place your hand, palm side down, about 1 inch from grill rack. Count "one-one thousand, two-one thousand, three-

one thousand." When you have to remove your hand at "three," you have reached medium-high heat and are ready to cook.) Grill chicken uncovered 4 to 5 minutes per side or until juice of chicken is clear when center of thickest part is cut (170°F).

- When chicken is almost cooked through, brush with the reserved 2 tablespoons glaze. Grill 1 minute longer.
- Remove chicken from grill and drizzle with the remaining glaze.

Nutrition Facts



Properties

Glycemic Index:55.38, Glycemic Load:6.76, Inflammation Score:-4, Nutrition Score:15.608260807784%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 340.71kcal (17.04%), Fat: 15.81g (24.33%), Saturated Fat: 5.32g (33.26%), Carbohydrates: 25.08g (8.36%), Net Carbohydrates: 24.16g (8.79%), Sugar: 20.98g (23.32%), Cholesterol: 87.37mg (29.12%), Sodium: 1081.1mg (47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.5g (48.99%), Vitamin B3: 11.95mg (59.76%), Selenium: 37.44µg (53.49%), Vitamin B6: 0.89mg (44.42%), Manganese: 0.76mg (37.91%), Phosphorus: 250.35mg (25.03%), Vitamin B2: 0.38mg (22.6%), Vitamin B5: 1.66mg (16.56%), Potassium: 545.12mg (15.57%), Vitamin K: 13.58µg (12.93%), Magnesium: 44.09mg (11.02%), Vitamin C: 6.35mg (7.69%), Vitamin B1: 0.11mg (7.55%), Vitamin E: 1.01mg (6.72%), Zinc: 0.92mg (6.14%), Calcium: 56.97mg (5.7%), Iron: 1.01mg (5.61%), Vitamin A: 272.65IU (5.45%), Vitamin B12: 0.24µg (3.96%), Fiber: 0.91g (3.65%), Copper: 0.07mg (3.61%), Folate: 11.48µg (2.87%)