



Pineapple Lime Grilled Chicken



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

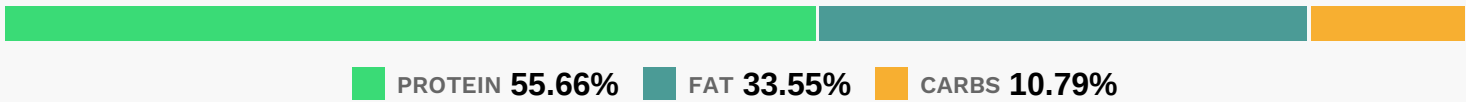
- ☐ 1 pinch ground pepper
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tsp lime zest
- ☐ 2 tbsp olive oil
- ☐ 1.5 tsp oregano fresh dry (or)
- ☐ 1 cup pineapple juice
- ☐ 1 tsp salt salted (for kosher chicken, use)
- ☐ 2 lbs chicken breast whole boneless skinless cut into pieces

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Pineapple Lime Grilled Chicken
- ☐ Ingredients1 cup pineapple juice1/4 cup fresh lime juice2 tbsp olive oil1 1/2 tsp fresh oregano (or 3/4 tsp dry)1 tsp lime zest1 tsp salt (for salted kosher chicken, use 1/2 tsp)Pinch of cayenne pepper2 lbs boneless skinless chicken breasts, or 1 whole chicken cut into pieces
- ☐ Servings: 4–5
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:3.46, Inflammation Score:-6, Nutrition Score:23.453043585238%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg, Hesperetin: 1.57mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 357.5kcal (17.87%), Fat: 12.99g (19.98%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 8.91g (3.24%), Sugar: 6.18g (6.87%), Cholesterol: 145.15mg (48.38%), Sodium: 846.26mg (36.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.49g (96.98%), Vitamin B3: 23.83mg (119.14%), Selenium: 72.68µg (103.84%), Vitamin B6: 1.77mg (88.57%), Phosphorus: 484.27mg (48.43%), Vitamin B5: 3.29mg (32.91%), Potassium: 943.25mg (26.95%), Manganese: 0.37mg (18.49%), Magnesium: 69.16mg (17.29%), Vitamin C: 13.34mg (16.17%), Vitamin B2: 0.25mg (14.43%), Vitamin B1: 0.18mg (12.31%), Vitamin E: 1.62mg (10.77%), Zinc: 1.41mg (9.42%), Vitamin K: 9.15µg (8.72%), Vitamin B12: 0.45µg (7.56%), Iron: 1.33mg (7.41%), Folate: 22.87µg (5.72%), Copper: 0.11mg (5.56%), Calcium: 32.54mg (3.25%), Vitamin A: 100.69IU (2.01%), Fiber: 0.49g (1.94%), Vitamin D: 0.23µg

(1.51%)