



Pineapple Spiced Chicken and Rice



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground nutmeg
- ☐ 4 servings salt and ground pepper to taste
- ☐ 1 teaspoon ground thyme
- ☐ 1 cup jasmine rice

- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 cups chicken broth reduced-sodium
- ☐ 1 tablespoon olive oil
- ☐ 20 ounce dole® pineapple canned
- ☐ 0.3 cup bell pepper red chopped
- ☐ 0.3 cup onion red finely chopped
- ☐ 4 chicken breast halves boneless skinless

Equipment

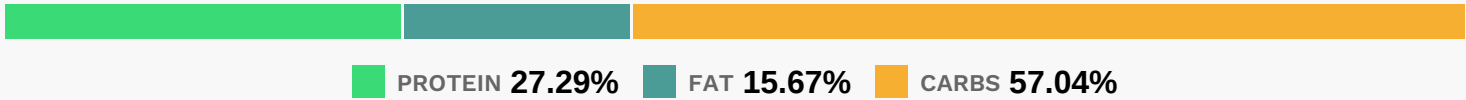
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Drain pineapple; reserve 1 tablespoon juice. Chop 2 pineapple slices; set aside for rice.
- ☐ Mix together reserved juice, garlic powder, thyme, nutmeg, allspice, salt and cinnamon in small bowl, until blended.
- ☐ Arrange chicken on foil-lined sheet pan. Season with salt and pepper. Rub each breast half with spice mixture over and under the skin.
- ☐ Place two pineapple slices on each breast.
- ☐ Bake at 350 degrees F 30 to 40 minutes, or until internal temperature of chicken reaches 165 degrees F and is no longer pink in center (Note: if using chicken legs, time will need to be increased 15 to 25 minutes).
- ☐ Cook olive oil, red onion and red pepper over medium-high heat in medium saucepan about 5 minutes or until onions are tender.
- ☐ Add rice and chopped pineapple to sauce pan, cook 3 minutes more.
- ☐ Add chicken broth, heat to boiling. Reduce heat to simmer and cook for 15 minutes or until all liquid is absorbed.

- ☐ Add chopped basil; let stand 5 minutes before serving.
- ☐ Arrange rice and chicken on 4 plates for service.
- ☐ Garnish with additional chopped basil, if desired.

Nutrition Facts



Properties

Glycemic Index:79.3, Glycemic Load:22.76, Inflammation Score:-7, Nutrition Score:20.651304265727%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 442.3kcal (22.11%), Fat: 7.72g (11.87%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 63.18g (21.06%), Net Carbohydrates: 59.83g (21.76%), Sugar: 21.37g (23.75%), Cholesterol: 72.32mg (24.11%), Sodium: 454mg (19.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.23g (60.45%), Vitamin B3: 14.29mg (71.46%), Selenium: 44µg (62.85%), Vitamin B6: 1.09mg (54.68%), Phosphorus: 338.12mg (33.81%), Vitamin C: 27.78mg (33.68%), Manganese: 0.66mg (33.13%), Potassium: 779.34mg (22.27%), Vitamin B5: 2.13mg (21.3%), Vitamin B1: 0.27mg (17.73%), Copper: 0.35mg (17.65%), Magnesium: 68.57mg (17.14%), Fiber: 3.35g (13.39%), Vitamin B2: 0.21mg (12.11%), Iron: 1.9mg (10.57%), Vitamin K: 10.47µg (9.97%), Zinc: 1.49mg (9.96%), Vitamin A: 436.92IU (8.74%), Vitamin E: 0.98mg (6.54%), Calcium: 61.36mg (6.14%), Folate: 23.46µg (5.87%), Vitamin B12: 0.31µg (5.24%)