

# Pineapple Teriyaki Chicken

 **Gluten Free**

READY IN



**25 min.**

SERVINGS



**4**

CALORIES



**346 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 20 ounces pineapple rings sliced canned
- 4 ounce provolone cheese
- 16 ounces chicken breast halves boneless skinless
- 0.5 cup teriyaki sauce

## Equipment

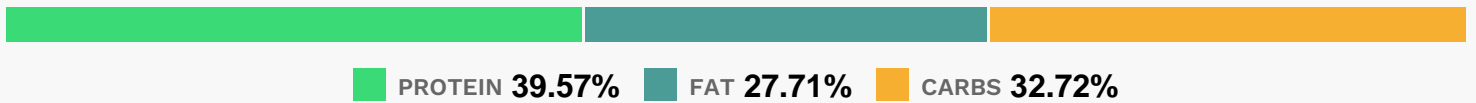
- bowl
- grill
- kitchen thermometer

- ziploc bags

## Directions

- Drain pineapple, reserving juice; refrigerate pineapple. In a small bowl, combine teriyaki sauce and reserved juice.
- Pour 3/4 cup marinade into a large resealable plastic bag; add chicken. Seal bag and turn to coat. Refrigerate for 8 hours or overnight. Cover and refrigerate remaining marinade for basting.
- Drain and discard marinade. Grill chicken, covered, over medium heat or broil 4 in. from the heat for 4–6 minutes on each side or until a meat thermometer reads 170°, basting frequently with some of the remaining marinade.
- Grill eight pineapple slices for 2 minutes on each side or until lightly browned, basting with remaining marinade (save remaining pineapple for another use).
- Top each piece of chicken with cheese and two pineapple slices. Grill, covered, for 1–2 minutes or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:18.183043438455%

## Nutrients (% of daily need)

Calories: 345.87kcal (17.29%), Fat: 10.64g (16.37%), Saturated Fat: 5.5g (34.39%), Carbohydrates: 28.28g (9.43%), Net Carbohydrates: 26.4g (9.6%), Sugar: 25.45g (28.28%), Cholesterol: 92.14mg (30.71%), Sodium: 1717.86mg (74.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.19g (68.38%), Vitamin B3: 12.73mg (63.66%), Selenium: 41.36µg (59.09%), Vitamin B6: 1.01mg (50.62%), Phosphorus: 444.11mg (44.41%), Calcium: 251.67mg (25.17%), Potassium: 715.46mg (20.44%), Magnesium: 80.64mg (20.16%), Vitamin B5: 1.82mg (18.23%), Vitamin C: 14.69mg (17.8%), Vitamin B1: 0.23mg (15.56%), Vitamin B2: 0.26mg (15.26%), Zinc: 1.75mg (11.67%), Copper: 0.23mg (11.28%), Vitamin B12: 0.64µg (10.68%), Iron: 1.58mg (8.75%), Fiber: 1.88g (7.51%), Vitamin A: 354.37IU (7.09%), Folate: 17.34µg (4.33%), Vitamin E: 0.31mg (2.06%), Vitamin K: 1.84µg (1.75%), Vitamin D: 0.26µg (1.7%)