



## Rum-Marinated Chicken Breasts with Pineapple Relish

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup barbecue sauce
- 32 ounce chicken breast halves bone-in
- 0.5 cup rum dark
- 1 teaspoon rum dark
- 0.3 teaspoon hot sauce (such as Pickapeppa Sauce)
- 1 tablespoon hot sauce (such as Pickapeppa Sauce)
- 0.1 teaspoon kosher salt

- 1 teaspoon kosher salt
- 2 tablespoons juice of lime fresh
- 3 tablespoons juice of lime fresh
- 1 teaspoon lime zest grated
- 4 lime wedges
- 1 small pineapple cored peeled cut into (1/2-inch-thick) rings ( 12 ounces)
- 0.5 cup bell pepper red finely chopped
- 2 teaspoons vegetable oil

## Equipment

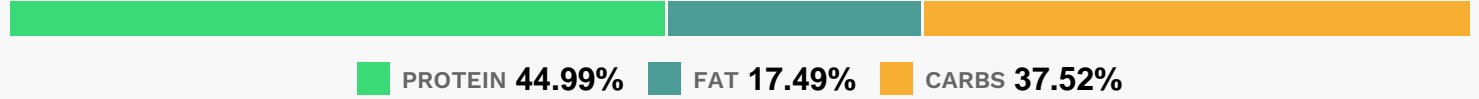
- bowl
- sauce pan
- sieve
- grill
- ziploc bags

## Directions

- To prepare chicken, combine first 6 ingredients in large zip-top plastic bag.
- Add chicken to bag; seal. Marinate in refrigerator for 1 to 2 hours, turning bag occasionally.
- Remove the chicken from bag, reserving marinade; set chicken aside.
- Let marinade stand at room temperature 10 minutes. Strain through a sieve into a bowl; discard solids. Set marinade aside.
- Prepare grill to medium heat.
- To prepare relish, place pineapple on grill rack coated with cooking spray; grill 3 minutes on each side or until soft and browned around the edge. Cool slightly; chop.
- Combine pineapple, bell pepper, and next 5 ingredients (bell pepper through 1/8 teaspoon salt); set aside.
- Place chicken on grill rack coated with cooking spray; grill 30 minutes or until done, turning occasionally.
- Remove and discard skin.

- Bring reserved marinade to a boil in a small saucepan; cook 1 minute.
- Drizzle cooked marinade over chicken.
- Serve chicken with relish and lime wedges.

## Nutrition Facts



### Properties

Glycemic Index:46.17, Glycemic Load:16.22, Inflammation Score:-9, Nutrition Score:35.220869572266%

### Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 9.64mg, Hesperetin: 9.64mg, Hesperetin: 9.64mg, Hesperetin: 9.64mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

### Nutrients (% of daily need)

Calories: 509.96kcal (25.5%), Fat: 8.63g (13.27%), Saturated Fat: 1.68g (10.47%), Carbohydrates: 41.64g (13.88%), Net Carbohydrates: 37.31g (13.57%), Sugar: 29.68g (32.97%), Cholesterol: 145.15mg (48.38%), Sodium: 1197.81mg (52.08%), Alcohol: 10.44g (100%), Alcohol %: 2.34% (100%), Protein: 49.93g (99.86%), Vitamin C: 148.44mg (179.93%), Vitamin B3: 25.15mg (125.76%), Manganese: 2.19mg (109.43%), Selenium: 73.15µg (104.49%), Vitamin B6: 2.04mg (102.03%), Phosphorus: 510.38mg (51.04%), Vitamin B5: 3.87mg (38.69%), Potassium: 1213.13mg (34.66%), Vitamin B1: 0.35mg (23.43%), Magnesium: 93.48mg (23.37%), Vitamin B2: 0.34mg (19.75%), Copper: 0.35mg (17.56%), Fiber: 4.32g (17.29%), Vitamin A: 846.75IU (16.93%), Folate: 62.29µg (15.57%), Zinc: 1.72mg (11.45%), Iron: 1.85mg (10.29%), Vitamin E: 1.18mg (7.89%), Vitamin B12: 0.45µg (7.56%), Vitamin K: 7.72µg (7.35%), Calcium: 57.37mg (5.74%), Vitamin D: 0.23µg (1.51%)