



WHATSheATE



Skewered Singapore Chicken and Pineapple

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup pieces bell pepper red 1-inch
- ☐ 3 tablespoons brown sugar
- ☐ 4 cups rice hot cooked
- ☐ 1.5 teaspoons curry powder
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 3 garlic cloves minced
- ☐ 4 teaspoons juice of lime fresh
- ☐ 3 tablespoons soya sauce low-sodium

- ☐ 1.5 cups pineapple fresh cubed 1-inch
- ☐ 2 tablespoons pineapple juice
- ☐ 0.3 teaspoon salt
- ☐ 1 pound skinned cut into 32 bite-size pieces
- ☐ 2 teaspoons vegetable oil

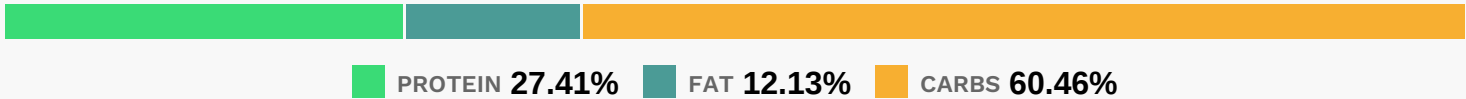
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Prepare grill or broiler.
- ☐ Combine first 9 ingredients in a large bowl.
- ☐ Add chicken and bell pepper, tossing to coat. Thread chicken, pineapple, and bell pepper alternately onto each of 8 (12-inch) skewers. Discard marinade.
- ☐ Place kebabs on grill rack or broiler pan coated with cooking spray; cook 10 minutes or until chicken is done, turning occasionally.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:73.92, Glycemic Load:53.22, Inflammation Score:-8, Nutrition Score:26.346956709157%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg,

Naringenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 448.04kcal (22.4%), Fat: 5.99g (9.21%), Saturated Fat: 1.16g (7.26%), Carbohydrates: 67.11g (22.37%), Net Carbohydrates: 64.39g (23.41%), Sugar: 17.42g (19.36%), Cholesterol: 72.57mg (24.19%), Sodium: 716.25mg (31.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.43g (60.86%), Vitamin C: 81.7mg (99.04%), Manganese: 1.55mg (77.29%), Selenium: 48.87µg (69.82%), Vitamin B3: 13.35mg (66.76%), Vitamin B6: 1.24mg (62.22%), Phosphorus: 348.69mg (34.87%), Vitamin B5: 2.56mg (25.58%), Vitamin A: 1246.68IU (24.93%), Potassium: 715.5mg (20.44%), Magnesium: 73.63mg (18.41%), Vitamin B2: 0.22mg (13.03%), Vitamin B1: 0.19mg (12.68%), Copper: 0.25mg (12.29%), Zinc: 1.77mg (11.8%), Folate: 46.1µg (11.53%), Fiber: 2.72g (10.86%), Iron: 1.6mg (8.87%), Vitamin E: 1.29mg (8.63%), Vitamin K: 7.46µg (7.11%), Calcium: 52.77mg (5.28%), Vitamin B12: 0.23µg (3.78%)