



## Strawberry Pineapple Chicken Bites

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



12

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 ounce chili sauce
- 1 dash ground pepper black
- 2 tablespoons olive oil
- 8 ounce pineapple chunks canned
- 1 dash salt
- 2 pounds chicken breast halves boneless skinless cut into small chunks
- 12 ounce strawberry preserves

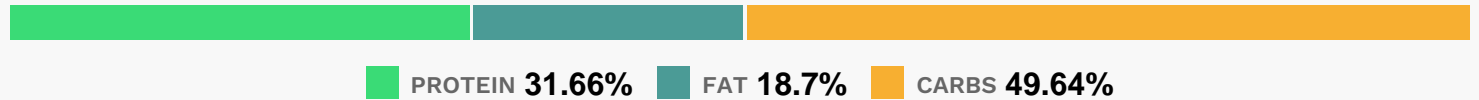
### Equipment

- frying pan
- toothpicks

## Directions

- Heat the olive oil in a skillet over medium-high heat, and cook the chicken chunks 5 minutes, until browned on all sides. Reduce heat to medium, and pour in the preserves and chili sauce. Cook, stirring occasionally, 10 minutes.
- Mix the pineapple chunks into the skillet. Season with salt and pepper. Continue cooking 2 minutes, until heated through.
- Serve with toothpicks.

## Nutrition Facts



## Properties

Glycemic Index:7.25, Glycemic Load:10.57, Inflammation Score:-3, Nutrition Score:9.2134781868561%

## Nutrients (% of daily need)

Calories: 214.37kcal (10.72%), Fat: 4.39g (6.75%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 26.22g (8.74%), Net Carbohydrates: 25.21g (9.17%), Sugar: 18.96g (21.06%), Cholesterol: 48.38mg (16.13%), Sodium: 353.49mg (15.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.72g (33.45%), Vitamin B3: 8.25mg (41.26%), Selenium: 25.04µg (35.77%), Vitamin B6: 0.62mg (30.82%), Phosphorus: 175.31mg (17.53%), Potassium: 395.04mg (11.29%), Vitamin B5: 1.08mg (10.83%), Vitamin C: 8.2mg (9.94%), Vitamin B2: 0.11mg (6.73%), Magnesium: 25.91mg (6.48%), Vitamin B1: 0.09mg (5.95%), Vitamin E: 0.88mg (5.87%), Copper: 0.09mg (4.68%), Fiber: 1.01g (4.05%), Iron: 0.64mg (3.54%), Zinc: 0.5mg (3.36%), Vitamin A: 160.69IU (3.21%), Vitamin K: 2.68µg (2.56%), Vitamin B12: 0.15µg (2.52%), Folate: 8.79µg (2.2%), Calcium: 16.32mg (1.63%), Manganese: 0.02mg (1.19%)