

Tropical Pineapple Chicken

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/near-east-pineapple-chicken-recipe>

Ingredients:

- 2 pounds chicken
- 2 tablespoons vegetable oil
- 1/2 cup chicken stock
- 2 teaspoons cornstarch
- 3 cups pineapple optional
- 2 tablespoons brown sugar
- 1 cup pineapple chunks
- 1/4 cup brown sugar
- 4 green onions ends trimmed, cut in half
- 2 tablespoons rice wine vinegar
- 2 tablespoons soy sauce
- 2 teaspoons ginger powder
- 1 teaspoon onion powder
- 1 teaspoon cinnamon
- 1 teaspoon ground thyme
- 1 teaspoon garlic powder
- 1/2 teaspoon ground cloves
- 1/2 teaspoon allspice
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt
- 2 scotch bonnet chili peppers
- 2 green onions tops only, chopped

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 150 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams

6. Protein: 49 grams
7. SaturatedFat: 3 grams
8. Sodium: 970 milligrams
9. Sugar: 33 grams

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