

# Pineapple Chicken

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/weight-watchers-chinese-pineapple-chicken-recipe>

## Ingredients:

- 4 boneless skinless chicken breast halves 4 ounces each
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon canola oil
- 20 ounces pineapple unsweetened sliced
- 1 tablespoon cornstarch
- 1/4 cup Dijon mustard
- 1/4 cup honey
- 2 garlic cloves minced
- cooked rice

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 40 grams
3. Fat: 6 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. Sodium: 300 milligrams
7. Sugar: 32 grams

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