



Healthy Food for Kids

4

Tasty, Cost-Effective, and Nutritious Recipes!

Pineapple
Chicken
Teriyaki

Ingredients



Ingredients Not Likely At Home

Ingredient	Brand	Price per unit	Store
8 oz. can crushed pineapple	365 Pineapple Chunks	\$2.49/ 16 oz.	Whole Foods
1 teaspoon ginger		\$0.88/piece	Ralphs
1 garlic clove		\$0.50/10-12 cloves	Ralphs
4 boneless skinless chicken breasts (about 2 lbs.)	Good and Gather Boneless Skinless Chicken Breasts	\$8.99/4.5 lbs.	Target

Ingredients Likely At Home

3 tablespoons low-sodium soy sauce	Good and Gather Organic Gluten Free Reduced Sodium Tamari Soy Sauce	\$3.99/12 oz.	Target
2 tablespoons honey	Vitacost US Grade A Certified Organic Honey	\$4.20/16 oz.	Ralphs

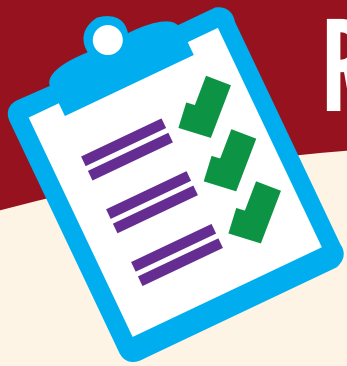
Cost of Ingredients Not Likely at Home:

\$12.86 (Total); \$3.22 (per serving)

Cost of Ingredients Not Likely at Home + Likely at Home:

\$21.05 (Total); \$5.26 (per serving)

Recipe



Prep Time:
10 min
Cook Time:
20 min

1.

- Place the pineapple, soy sauce, honey, ginger (grated), and garlic (minced) in a bowl and whisk to combine
- Pour half of the teriyaki sauce in the resealable plastic bag and reserve the other half
- Place the chicken breasts in the plastic bag, close it, and massage to coat the chicken with the sauce
- Refrigerate for 30 minutes or up to overnight

2.

- When ready to cook, turn on the oven and set to broil, while placing the chicken breasts in the middle rack
- Place the chicken breasts in a pan and spoon some of the sauce on top of the breast
- Broil for 16-20 minutes total with 8-10 min on each side

3.

- While the chicken is broiling, heat the reserved teriyaki sauce in a saucepan and cook for 3 minutes or until it is slightly thick
- Serve the chicken by slicing it and pouring the teriyaki sauce on top



Nutrition Facts

4 servings per recipe

Serving size

1 chicken breast

Amount per serving

Calories

270.1

% Daily Value*

Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 1128mg	47%
Total Carbohydrates 17.6g	6%
Dietary Fiber 0.8g	3%
Total Sugars 14.4g	
Includes 8.70g Added Sugars	17.4%
Protein 41.8g	34%
Vitamin D 0mcg	0%
Calcium 1.54mg	0.2%
Iron 1.46mg	8.1%
Potassium 803.26mg	23%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A graphic of a spotlight with a yellow beam shining down on the word 'Protein'.

Nutrition Spotlight

Protein

This chicken-based meal is centered around one of the most popular nutrients — protein! Protein can be found in meat, dairy products, beans, and nuts. Protein is a macronutrient like carbohydrates and lipids, but it is made out of small building blocks called amino acids. There are about 20 amino acids and while some of them can be made by our body, about 9 of them can only be received through our food. It is recommended that 10-35% of a child's daily caloric intake comes from protein. Proteins are involved in so many functions in our body that it would be impossible to name all of them here; however, one of its main jobs is to work as enzymes! Enzymes help allow for processes in our body to take place such as digestion, respiration, muscle contraction, etc.

In digestion, some of the most important enzymes are amylases which break down carbohydrates, lipases which break down fats, and proteases or peptidases which break down proteins. In cellular respiration, proteins like hemoglobin help carry the oxygen from the lungs to the muscles in our bodies. Protein can also serve as an extra energy source on top of carbohydrates and lipids, which is why athletes tend to consume more protein than the recommended amount.

Thank you for reading!

We hope this was helpful for you and your family! Please let us know if you have any suggestions by filling out this survey:
<https://forms.gle/rgpiHqRozEUdiNi38>

For more information, please refer below to the sources used to create the brochure!

Sources:

The recipe was adapted from Steamy Kitchen's recipe, found here:
<https://steamykitchen.com/24191-pineapple-chicken-teriyaki-recipe-video.html>

The 'nutrition facts' label was created by inputting ingredients into Cronometer and is only an approximation:
<https://cronometer.com/>

The information on Protein was retrieved from:
<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/>
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/dietary-recommendations-for-healthy-children>

**Nutrition label is only an approximation*

***We do not endorse any brands or stores nor are we sponsored by any brands or stores. Our suggestions for ingredients are based on research of local grocery store prices*

****If you have a medical emergency, please see a doctor. These diets are for a healthy individual, so if you have additional medical requirements or restrictions please consult a doctor*