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## Chicken & Pineapple Stir-Fry ♦

A delicious stir-fry recipe that combines tender chicken and sweet pineapple for a flavorful and healthy meal. Perfect for lunch or dinner.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	chicken breast
<b>200 g</b>	Pineapple Chunks
<b>150 g</b>	bell pepper
<b>100 g</b>	onion
<b>2 cloves</b>	garlic
<b>4 tbsp</b>	soy sauce

<b>2 tbsp</b>	sesame oil
<b>1 tbsp</b>	cornstarch
<b>2 tbsp</b>	vegetable oil
<b>1 teaspoon</b>	salt
<b>0.5 teaspoon</b>	black pepper

## Directions

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### Step 1

#### Mixing

In a small bowl, mix soy sauce, sesame oil, cornstarch, salt, and black pepper to make the marinade.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Cut the chicken breast into bite-sized pieces and marinate them in the prepared marinade for 10 minutes.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

Stove

Heat vegetable oil in a large skillet or wok over medium-high heat.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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### Step 4

Sautéing

Add minced garlic to the skillet and sauté for 1 minute until fragrant.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

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### Step 5

Stir-frying

Add marinated chicken to the skillet and cook for 5-6 minutes until browned and cooked through.

**Prep Time:** 0 mins

**Cook Time:** 6 mins

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### Step 6

Stir-frying

Add bell pepper and onion to the skillet and stir-fry for 2-3 minutes until vegetables are tender-crisp.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

## Step 7

Stir-frying

Add pineapple chunks to the skillet and stir-fry for 1 minute until heated through.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

## Step 8

Serving

Serve the chicken and pineapple stir-fry hot with steamed rice or noodles.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 8 g

**Protein:** 25 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	65 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Cuisines

Italian

Chinese

Mexican

American

### Diet

Anti-Inflammatory Diet

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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