

# Honey Pineapple Chicken

A really good recipe that I just happened to invent with ingredients I had in the kitchen.

Recipe by Justin Giraud | Created on **Nov 8, 2021**

## Ingredients

- 1 (8 ounce) can crushed pineapple, with juice
- ¼ cup honey
- ¼ cup vegetable oil
- 4 skinless, boneless chicken breast halves
- ½ cup all-purpose flour
- 1 teaspoon red wine vinegar
- 4 teaspoons chopped fresh mint

## Directions

- In a small bowl, blend pineapple juice and honey.
- Heat oil in a large, heavy skillet over medium heat. Dredge chicken in flour, and arrange in the skillet. Brush with the pineapple juice and honey. Sprinkle with red wine vinegar. Cook 7 to 10 minutes on each side, until chicken is no longer pink and juices run clear. Top with crushed pineapple and fresh mint to serve.

## Nutrition Facts

Serving: **4 servings** | Calories: **423.7 kcal** | Carbohydrates: **38.7 g** | Protein: **28.4 g** | Saturated fat: **3.2 g** | Cholesterol: **71.9 mg** | Sodium: **64.2 mg** | Fiber: **0.9 g** | Sugar: **25.5 g**

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