



Campbell's Kitchen Sweet and Sour Chicken



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 ounce campbell's® condensed chicken broth canned
- ☐ 4 cups rice hot cooked
- ☐ 3 tablespoons cornstarch
- ☐ 1 small bell pepper green
- ☐ 8 ounce pineapple chunks in juice undrained canned
- ☐ 1 pound chicken breast boneless skinless cut into 1-inch pieces
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon vegetable oil

☐ 0.3 cup vinegar

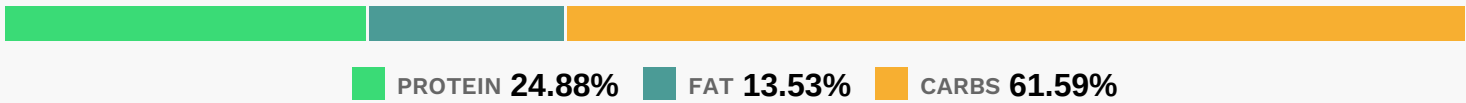
Equipment

☐ frying pan

Directions

- ☐ Mix cornstarch and broth.
- ☐ Heat oil in skillet.
- ☐ Add chicken and stir-fry until browned.
- ☐ Add broth mixture, pineapple, sugar, vinegar and pepper.
- ☐ Heat to a boil. Cook and stir until mixture boils and thickens. Cover.
- ☐ Cook over low heat 5 minutes or until done.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:59.77, Glycemic Load:56.61, Inflammation Score:-4, Nutrition Score:18.611739127532%

Flavonoids

Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 480.77kcal (24.04%), Fat: 7.07g (10.88%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 72.45g (24.15%), Net Carbohydrates: 70.71g (25.71%), Sugar: 21.41g (23.79%), Cholesterol: 74.06mg (24.69%), Sodium: 411.32mg (17.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.26g (58.53%), Selenium: 48.98µg (69.98%), Vitamin B3: 12.87mg (64.36%), Vitamin B6: 1.08mg (54.01%), Manganese: 0.83mg (41.6%), Phosphorus: 318.14mg (31.81%), Vitamin C: 21.56mg (26.14%), Vitamin B5: 2.26mg (22.57%), Potassium: 591.7mg (16.91%), Magnesium: 59.88mg (14.97%), Vitamin B1: 0.19mg (12.55%), Vitamin B2: 0.2mg (11.61%), Copper: 0.23mg (11.43%), Zinc: 1.57mg (10.47%), Vitamin K: 8.25µg (7.85%), Fiber: 1.74g (6.95%), Iron: 1.05mg (5.83%), Vitamin E: 0.67mg (4.44%), Vitamin B12: 0.24µg (4.03%), Calcium: 36.57mg (3.66%), Folate: 13.96µg (3.49%), Vitamin A: 132.31IU (2.65%)