



Chicken Oriental



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 skinned and boned chicken breast halves cubed
- ☐ 2 tablespoons chili sauce
- ☐ 2 tablespoons cornstarch
- ☐ 1 bell pepper green cubed
- ☐ 4 servings garnish: green onion slivers
- ☐ 0.3 cup catsup
- ☐ 15.5 ounce pineapple chunks undrained canned
- ☐ 1 bell pepper red cubed

- ☐ 0.3 cup rice wine vinegar
- ☐ 1 tablespoon salt
- ☐ 1 teaspoon soya sauce
- ☐ 0.5 cup sugar

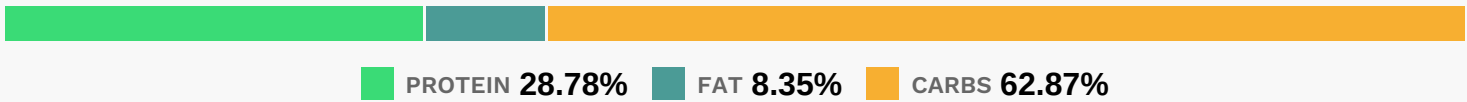
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Drain pineapple, reserving juice. Stir together pineapple juice, sugar and next 6 ingredients.
- ☐ Cook juice mixture in a large skillet or wok over high heat, stirring constantly, 15 to 30 seconds or until thickened.
- ☐ Add cubed bell pepper and cook 3 to 4 minutes.
- ☐ Add pineapple chunks and chicken. Cover and cook, stirring often, for 10 minutes or until chicken is done.
- ☐ Serve over Lemon Rice Pilaf, if desired.

Nutrition Facts



Properties

Glycemic Index:52.27, Glycemic Load:18.02, Inflammation Score:-8, Nutrition Score:21.321739010189%

Flavonoids

Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 352.7kcal (17.63%), Fat: 3.32g (5.12%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 56.31g (18.77%), Net Carbohydrates: 53.31g (19.39%), Sugar: 48.01g (53.34%), Cholesterol: 72.32mg (24.11%), Sodium: 2245.95mg (97.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.77g (51.55%), Vitamin C: 76.83mg (93.13%),

Vitamin B3: 13.03mg (65.14%), Vitamin B6: 1.13mg (56.61%), Selenium: 37.25µg (53.21%), Phosphorus: 273.1mg (27.31%), Vitamin A: 1343.79IU (26.88%), Potassium: 774.14mg (22.12%), Vitamin B5: 1.75mg (17.54%), Vitamin K: 18.06µg (17.2%), Vitamin B1: 0.23mg (15.37%), Magnesium: 58.03mg (14.51%), Vitamin B2: 0.22mg (12.94%), Fiber: 3g (12.01%), Copper: 0.21mg (10.63%), Vitamin E: 1.29mg (8.57%), Folate: 33.26µg (8.31%), Iron: 1.26mg (7%), Manganese: 0.14mg (6.99%), Zinc: 0.97mg (6.43%), Calcium: 39.77mg (3.98%), Vitamin B12: 0.23µg (3.77%)