



## Easy Sweet and Sour Chicken

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 ounces textured vegetable protein frozen fully cooked
- 0.3 cup water
- 16 ounces water chestnuts frozen
- 20 ounces pineapple chunks drained canned
- 9 ounces soy sauce ()

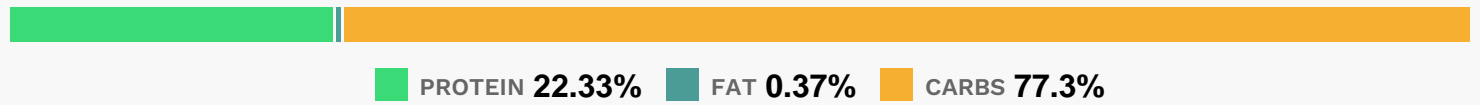
### Equipment

- sauce pan

## Directions

- Prepare chicken chunks as directed on package. While chicken is baking, heat water to boiling in 3-quart saucepan.
- Add frozen vegetables; reduce heat to medium. Cover and cook 5 to 6 minutes or until hot; drain. Return vegetables to saucepan.
- Stir chicken, pineapple and sweet-and-sour sauce into vegetables in saucepan. Cook over medium heat 3 to 4 minutes, stirring occasionally, until hot.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:12.04304329727%

## Nutrients (% of daily need)

Calories: 649.06kcal (32.45%), Fat: 0.26g (0.4%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 122.46g (40.82%), Net Carbohydrates: 105.16g (38.24%), Sugar: 79.62g (88.47%), Cholesterol: 0mg (0%), Sodium: 1169.59mg (50.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.38g (70.76%), Fiber: 17.29g (69.17%), Iron: 9.34mg (51.88%), Calcium: 249.64mg (24.96%), Vitamin B6: 0.39mg (19.38%), Vitamin C: 15.59mg (18.9%), Copper: 0.33mg (16.55%), Potassium: 384.42mg (10.98%), Vitamin B1: 0.16mg (10.92%), Manganese: 0.18mg (9.13%), Magnesium: 30.48mg (7.62%), Vitamin E: 0.91mg (6.09%), Zinc: 0.81mg (5.42%), Vitamin B3: 1.04mg (5.2%), Phosphorus: 43.94mg (4.39%), Folate: 17.29µg (4.32%), Vitamin B2: 0.07mg (4.29%), Selenium: 1.81µg (2.59%), Vitamin B5: 0.25mg (2.51%), Vitamin A: 70.87IU (1.42%), Vitamin K: 1.33µg (1.27%)