



Easy Sweet and Sour Chicken from Minute® Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups brown rice white uncooked minute®
- ☐ 0.5 cup sauce sweet sour
- ☐ 1 tablespoon oil
- ☐ 8 ounce pineapple chunks in juice undrained canned
- ☐ 2 cups stir-fry vegetables frozen
- ☐ 1 pound chicken breasts boneless skinless cut into bite-size pieces
- ☐ 1 cup water

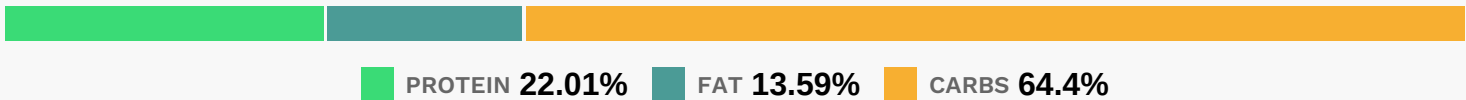
Equipment

☐ frying pan

Directions

- ☐ Heat oil in large skillet on medium-high heat.
- ☐ Add chicken; cook and stir 4 minutes or until cooked through.
- ☐ Add vegetables, pineapple with juice and sweet and sour sauce; mix well. Stir in water. Bring to boil.
- ☐ Stir in rice; cover. Reduce heat to medium-low; simmer 5 minutes.
- ☐ Remove from heat.
- ☐ Let stand 5 minutes or until almost all of the liquid is absorbed and rice is tender.

Nutrition Facts



Properties

Glycemic Index:25.94, Glycemic Load:44.49, Inflammation Score:-10, Nutrition Score:33.397825935613%

Nutrients (% of daily need)

Calories: 632.45kcal (31.62%), Fat: 9.55g (14.69%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 101.8g (33.93%), Net Carbohydrates: 94.19g (34.25%), Sugar: 14.92g (16.57%), Cholesterol: 72.57mg (24.19%), Sodium: 536.52mg (23.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.78g (69.57%), Manganese: 3.79mg (189.74%), Vitamin A: 4683.35IU (93.67%), Vitamin B3: 17.22mg (86.1%), Vitamin B6: 1.46mg (73.14%), Phosphorus: 546.59mg (54.66%), Selenium: 36.88µg (52.68%), Magnesium: 196.27mg (49.07%), Vitamin B1: 0.63mg (42.25%), Vitamin B5: 3.18mg (31.83%), Fiber: 7.61g (30.43%), Potassium: 937.4mg (26.78%), Copper: 0.45mg (22.43%), Zinc: 3.05mg (20.33%), Vitamin C: 16.15mg (19.58%), Iron: 3.15mg (17.52%), Vitamin B2: 0.24mg (14.32%), Folate: 52.76µg (13.19%), Calcium: 70.62mg (7.06%), Vitamin E: 0.84mg (5.6%), Vitamin B12: 0.23µg (3.78%), Vitamin K: 3.12µg (2.97%)