



 **35%**
HEALTH SCORE

Korean Sweet n Sour Chicken

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 carrots cut into thin pieces
- 2 lbs chicken breast boneless cut into strips
- 3 tbsp apple cider vinegar
- 2 tbsp cornstarch mixed
- 2 tbsp cornstarch
- 1 cup edamame
- 1 cup edamame
- 1 eggs beaten

- 0.5 cup flour
- 1 medium size onion cut into strips
- 0.3 cup pineapple juice (optional if available)
- 2 tbsp soya sauce
- 3 tbsp sugar
- 4 servings vegetable oil
- 1 cup water

Equipment

- paper towels
- sauce pan

Directions

- Cut the chicken into thin strips, about 1 or 2-inch pieces.
- Add soy sauce to the chicken for a short marination; mix well and set aside.
- Cut the vegetables into large bite-sized pieces. Set aside until the sauce is ready and thickened. Make batter by mixing the flour, cornstarch, water and beaten egg.
- Add more flour until a thick consistency is reached. Dip the marinated chicken strips into the batter. Bring vegetable oil to medium high heat. Deep fry each of the strips for about 3, 4 min for each batch or until browned and cooked through. When finished, place on paper towel-lined dish to remove excess oil. Once the first round of frying is done, heat the oil and re-fry the batch for the 2nd time to make it really crispy (optional). To make the sauce bring the following ingredients in a saucepan: one cup of water along 3 tbsp vinegar, 3 tbsp sugar, and 2 tbsp of soy sauce. Bring to a rapid boil and then add the mixture of cornstarch and water.
- Add desired vegetables and let simmer for about 5 minutes or until it thickens. On a large plate, add the fried chicken strips, then pour over the sauce/vegetable mixture and serve while warm.

Nutrition Facts



Properties

Glycemic Index:79.98, Glycemic Load:17.41, Inflammation Score:-10, Nutrition Score:32.876086956522%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Taste

Sweetness: 32.24%, Saltiness: 100%, Sourness: 17.39%, Bitterness: 25.74%, Savoriness: 65.8%, Fattiness: 64.9%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 649.11kcal (32.46%), Fat: 23.71g (36.47%), Saturated Fat: 3.81g (23.84%), Carbohydrates: 46.26g (15.42%), Net Carbohydrates: 41.35g (15.03%), Sugar: 15.34g (17.05%), Cholesterol: 186.07mg (62.02%), Sodium: 808.52mg (35.15%), Protein: 59.76g (119.51%), Vitamin B3: 25.3mg (126.51%), Selenium: 81.79µg (116.85%), Vitamin A: 5224.06IU (104.48%), Vitamin B6: 1.83mg (91.61%), Phosphorus: 548.39mg (54.84%), Potassium: 1389.63mg (39.7%), Vitamin B5: 3.63mg (36.28%), Vitamin K: 30.46µg (29.01%), Iron: 4.23mg (23.51%), Vitamin B2: 0.4mg (23.4%), Vitamin B1: 0.32mg (21.26%), Fiber: 4.91g (19.66%), Magnesium: 76.89mg (19.22%), Manganese: 0.37mg (18.72%), Folate: 58.13µg (14.53%), Vitamin E: 1.91mg (12.74%), Zinc: 1.76mg (11.72%), Calcium: 103.76mg (10.38%), Vitamin C: 8.03mg (9.73%), Vitamin B12: 0.55µg (9.19%), Copper: 0.15mg (7.67%), Vitamin D: 0.45µg (2.98%)