



Simple Sweet and Sour Chicken

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup lite asian sesame dressing toasted kraft
- 8 oz pineapple chunks in juice drained canned
- 1 bell pepper red coarsely chopped
- 1 small onion red coarsely chopped
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces
- 0.8 cup sweet'n sauce sour kraft
- 1.5 cups rice long-grain white uncooked

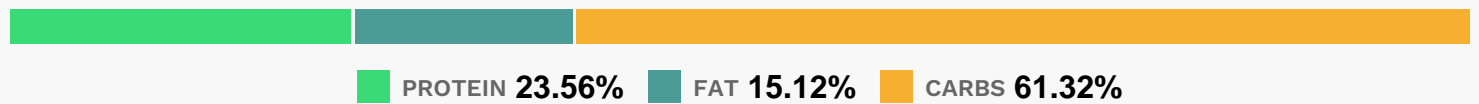
Equipment

frying pan

Directions

- Cook rice as directed on package, omitting salt.
- Drain pineapple, reserving juice.
- Mix dressing with reserved juice; pour half into large skillet.
- Add chicken; stir-fry 8 to 10 min. or until done.
- Add vegetables and remaining dressing mixture; stir-fry 2 to 4 min. or until vegetables are crisp-tender. Stir in sweet-and-sour sauce and pineapple; stir-fry 1 to 2 min. or until heated through.
- Serve chicken mixture over rice.

Nutrition Facts



Properties

Glycemic Index:4.01, Glycemic Load:4.58, Inflammation Score:-2, Nutrition Score:3.6634782772997%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 99.08kcal (4.95%), Fat: 1.61g (2.48%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 14.34g (5.22%), Sugar: 5.84g (6.49%), Cholesterol: 14.52mg (4.84%), Sodium: 152.39mg (6.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.31%), Vitamin B3: 2.58mg (12.89%), Selenium: 8.74µg (12.49%), Vitamin B6: 0.21mg (10.33%), Vitamin C: 6.33mg (7.67%), Phosphorus: 61.66mg (6.17%), Manganese: 0.11mg (5.66%), Vitamin B5: 0.43mg (4.34%), Potassium: 120.92mg (3.45%), Vitamin A: 135.6IU (2.71%), Magnesium: 10.19mg (2.55%), Vitamin B1: 0.03mg (2.17%), Vitamin B2: 0.03mg (1.95%), Copper: 0.04mg (1.83%), Zinc: 0.26mg (1.72%), Fiber: 0.38g (1.54%), Vitamin E: 0.22mg (1.48%), Vitamin K: 1.48µg (1.41%), Iron: 0.22mg (1.2%), Folate: 4.55µg (1.14%)