



Skinny Sweet and Sour Chicken



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



5

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons olive oil
- ☐ 1 lb chicken breast boneless skinless cut into 1-inch cubes
- ☐ 0.3 teaspoon salt
- ☐ 1 bell pepper green cut into 1-inch pieces
- ☐ 1 bell pepper red cut into 1-inch pieces
- ☐ 1 small onion sliced into thin wedges
- ☐ 1 cup chicken broth reduced-sodium (from 32-oz carton)
- ☐ 8 oz pineapple chunks unsweetened drained canned

- ☐ 0.3 cup rice vinegar
- ☐ 0.3 cup brown sugar
- ☐ 4 teaspoons cornstarch
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 4 cups quick-cooking brown rice hot instant cooked

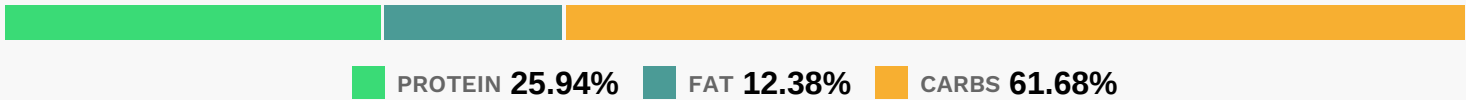
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Sprinkle chicken with salt; cook and stir 4 to 5 minutes or until chicken is no longer pink in center.
- ☐ Remove from skillet.
- ☐ In same skillet, cook bell peppers and onion over medium-high heat 3 to 5 minutes, stirring frequently, until vegetables are crisp-tender. Return chicken to skillet.
- ☐ In small bowl, mix broth, reserved pineapple liquid, vinegar, brown sugar, cornstarch and crushed red pepper flakes; stir into chicken mixture.
- ☐ Add pineapple; heat to boiling. Reduce heat; cook uncovered, stirring frequently, until sauce is thickened and bubbly.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:23.8, Glycemic Load:0.66, Inflammation Score:-8, Nutrition Score:20.201304192128%

Flavonoids

Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 373.65kcal (18.68%), Fat: 5.08g (7.81%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 56.88g (18.96%), Net Carbohydrates: 54.33g (19.76%), Sugar: 19.37g (21.53%), Cholesterol: 58.06mg (19.35%), Sodium: 247.96mg (10.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.93g (47.86%), Vitamin C: 55.99mg (67.86%), Vitamin B3: 12.91mg (64.56%), Selenium: 35.89µg (51.27%), Vitamin B6: 0.93mg (46.46%), Folate: 114.41µg (28.6%), Manganese: 0.56mg (27.81%), Phosphorus: 273mg (27.3%), Vitamin A: 898.24IU (17.96%), Iron: 3.22mg (17.88%), Potassium: 572.63mg (16.36%), Vitamin B1: 0.24mg (15.75%), Vitamin B5: 1.5mg (14.98%), Magnesium: 45.34mg (11.34%), Fiber: 2.56g (10.22%), Zinc: 1.39mg (9.25%), Vitamin B2: 0.16mg (9.18%), Copper: 0.18mg (8.92%), Vitamin E: 0.91mg (6.07%), Vitamin K: 4.5µg (4.28%), Calcium: 41.69mg (4.17%), Vitamin B12: 0.23µg (3.81%)