



WHATSheATE



Slow-Cooker Sweet and Sour Chicken

 Dairy Free

READY IN



560 min.

SERVINGS



8

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 ounces pineapple chunks canned
- ☐ 1 cup baby carrots cut in half
- ☐ 0.5 cup onion chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 1 teaspoon ginger finely chopped
- ☐ 2 pounds chicken thighs boneless skinless cut into 2-inch pieces
- ☐ 0.5 cup soy sauce reduced-sodium
- ☐ 0.5 cup brown sugar packed

- ☐ 1 medium bell pepper red cut into 1-inch pieces
- ☐ 1 medium bell pepper green cut into 1-inch pieces
- ☐ 0.3 cup cornstarch
- ☐ 0.3 cup water
- ☐ 1 serving chow mein noodles hot cooked

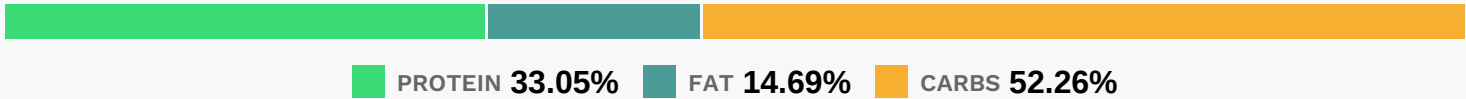
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Drain pineapple, reserving juice.
- ☐ Place pineapple chunks in small bowl; cover and refrigerate.
- ☐ Place carrots, onion, garlic and gingerroot in 4 1/2- to 6-quart slow cooker. Top with chicken.
- ☐ Mix soy sauce, brown sugar and reserved pineapple juice; pour over chicken.
- ☐ Cover and cook on low heat setting 7 to 9 hours or until juice of chicken is no longer pink.
- ☐ During last 30 minutes, add pineapple and bell peppers. Increase to high heat setting.
- ☐ Mix cornstarch and water; stir into chicken mixture during last 10 minutes of cooking.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:17.607391502546%

Flavonoids

Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 310.31kcal (15.52%), Fat: 5.09g (7.83%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 40.71g (13.57%), Net Carbohydrates: 37.85g (13.76%), Sugar: 25.9g (28.77%), Cholesterol: 107.73mg (35.91%), Sodium: 760.51mg (33.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.75g (51.51%), Vitamin A: 2790.13IU (55.8%), Vitamin C: 39.18mg (47.49%), Selenium: 26.64µg (38.06%), Vitamin B6: 0.71mg (35.43%), Vitamin B3: 7.06mg (35.29%), Phosphorus: 260.57mg (26.06%), Vitamin B2: 0.28mg (16.5%), Potassium: 555.7mg (15.88%), Vitamin B5: 1.58mg (15.75%), Vitamin B1: 0.21mg (13.93%), Magnesium: 55.4mg (13.85%), Zinc: 2.04mg (13.62%), Vitamin B12: 0.73µg (12.1%), Iron: 2.08mg (11.54%), Fiber: 2.87g (11.47%), Copper: 0.19mg (9.65%), Manganese: 0.19mg (9.39%), Folate: 29.84µg (7.46%), Vitamin K: 7.18µg (6.84%), Calcium: 50.07mg (5.01%), Vitamin E: 0.58mg (3.85%)