



WHATSheATE



Spicy Sweet-and-Sour Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon canola oil divided
- ☐ 2 teaspoons chili paste depending on your taste pref
- ☐ 4 teaspoons cornstarch divided
- ☐ 1 teaspoon sesame oil dark
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 2 garlic clove minced

- ☐ 1 cup bell pepper diced green ()
- ☐ 0.5 cup spring onion (1-inch)
- ☐ 3 tablespoons catsup
- ☐ 5 teaspoons soy sauce low-sodium divided
- ☐ 1 cup onion diced ()
- ☐ 1 cup pineapple fresh diced ()
- ☐ 1 cup bell pepper diced red ()
- ☐ 2.5 tablespoons rice vinegar
- ☐ 1 teaspoon rice wine dry chinese (rice wine)
- ☐ 1 pound chicken breast boneless skinless cut into 2 x 1/2-inch-thick pieces
- ☐ 1 teaspoon soya sauce dark
- ☐ 0.1 teaspoon pepper white

Equipment

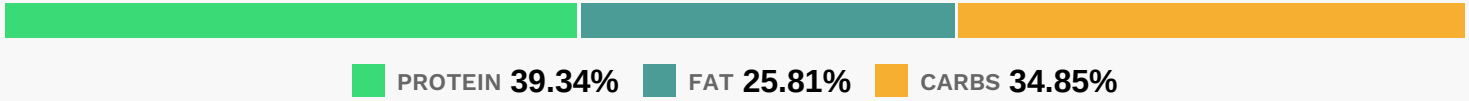
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine 2 teaspoons cornstarch, 2 teaspoons low-sodium soy sauce, and next 5 ingredients (through garlic) in a medium bowl.
- ☐ Add chicken; stir well to coat. Set aside.
- ☐ Combine chicken broth, remaining 2 teaspoons cornstarch, brown sugar, remaining 1 tablespoon low-sodium soy sauce, ketchup, vinegar, chile paste, and sesame oil.
- ☐ Heat 1/2 teaspoon canola oil in a large skillet over medium-high heat.
- ☐ Add diced onion, bell peppers, and green onions to pan; saut 4 minutes or until crisp-tender.
- ☐ Transfer to a bowl.
- ☐ Heat remaining 2 1/2 teaspoons canola oil in pan.
- ☐ Add chicken mixture to pan, and spread in an even layer; cook, without stirring, 1 minute. Saut an additional 3 minutes or until chicken is done.

- ☐
- Return vegetable mixture to pan.
- ☐
- Add soy sauce mixture and pineapple, stirring well to combine. Bring to a boil; cook 1 minute or until thickened, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:33.71, Glycemic Load:2.29, Inflammation Score:-7, Nutrition Score:12.779130432917%

Flavonoids

Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

Nutrients (% of daily need)

Calories: 135.84kcal (6.79%), Fat: 3.91g (6.02%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 10.3g (3.74%), Sugar: 7.08g (7.87%), Cholesterol: 36.29mg (12.1%), Sodium: 333.56mg (14.5%), Alcohol: 0.1g (100%), Alcohol %: 0.07% (100%), Protein: 13.42g (26.84%), Vitamin C: 52.69mg (63.87%), Vitamin B3: 6.6mg (32.99%), Vitamin B6: 0.6mg (30.06%), Selenium: 18.9µg (26.99%), Vitamin K: 17.08µg (16.27%), Manganese: 0.32mg (16.09%), Vitamin A: 775.16IU (15.5%), Phosphorus: 148.95mg (14.89%), Potassium: 394.24mg (11.26%), Vitamin B5: 1mg (9.98%), Magnesium: 28.62mg (7.15%), Vitamin B2: 0.12mg (6.91%), Folate: 26.56µg (6.64%), Fiber: 1.59g (6.35%), Vitamin E: 0.93mg (6.17%), Vitamin B1: 0.09mg (6.13%), Copper: 0.08mg (4.14%), Iron: 0.69mg (3.85%), Zinc: 0.54mg (3.58%), Calcium: 23.61mg (2.36%), Vitamin B12: 0.14µg (2.36%)