



Stir-Fried Sweet and Sour Chicken

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 1 eggs
- ☐ 2 bell pepper green cut into 1 inch pieces
- ☐ 0.3 teaspoon ground pepper white
- ☐ 0.8 cup splenda® no calorie sweetener
- ☐ 2 drops orange food coloring
- ☐ 8 ounce pineapple chunks drained canned
- ☐ 0.5 teaspoon salt

- ☐ 2.3 cups self-rising flour
- ☐ 8 chicken breast halves boneless skinless cut into 1 inch cubes
- ☐ 1 quart vegetable oil for frying
- ☐ 2 cups water
- ☐ 0.5 cup distilled vinegar white

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ wok

Directions

- ☐ In a saucepan, combine 1 1/2 cups water, SLENDA® Granulated Sweetener, vinegar, reserved pineapple syrup, and orange food coloring.
- ☐ Heat to boiling. Turn off heat.
- ☐ Combine 1/4 cup cornstarch and 1/4 cup water; slowly stir into saucepan. Continue stirring until mixture thickens.
- ☐ Combine flour, 2 tablespoons oil, 2 tablespoons cornstarch, salt, white pepper, and egg.
- ☐ Add 1 1/2 cups water gradually to make a thick batter. Stir to blend thoroughly.
- ☐ Add chicken pieces, and stir until chicken is well coated.
- ☐ Heat oil in skillet or wok to 360 degrees F (180 degrees C). Fry chicken pieces in hot oil until golden.
- ☐ Remove chicken, and drain on paper towels.
- ☐ When ready to serve, layer green peppers, pineapple chunks, and cooked chicken pieces on a platter.
- ☐ Pour hot sweet and sour sauce over top.

Nutrition Facts



 **PROTEIN 20.62%**  **FAT 43.98%**  **CARBS 35.4%**

Properties

Glycemic Index:22.13, Glycemic Load:25.16, Inflammation Score:-5, Nutrition Score:19.016087262527%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 569.38kcal (28.47%), Fat: 27.78g (42.73%), Saturated Fat: 4.53g (28.29%), Carbohydrates: 50.3g (16.77%), Net Carbohydrates: 48.55g (17.66%), Sugar: 19.95g (22.17%), Cholesterol: 92.78mg (30.93%), Sodium: 289.57mg (12.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.31g (58.61%), Selenium: 52.06µg (74.37%), Vitamin B3: 12.36mg (61.83%), Vitamin B6: 0.96mg (47.83%), Vitamin K: 46.26µg (44.05%), Vitamin C: 27.95mg (33.88%), Phosphorus: 291.23mg (29.12%), Vitamin B5: 1.88mg (18.78%), Manganese: 0.35mg (17.31%), Vitamin E: 2.46mg (16.43%), Potassium: 549.27mg (15.69%), Magnesium: 46.93mg (11.73%), Vitamin B2: 0.17mg (10.21%), Vitamin B1: 0.15mg (9.9%), Copper: 0.16mg (8.03%), Zinc: 1.1mg (7.35%), Fiber: 1.75g (7.01%), Iron: 1.04mg (5.78%), Folate: 23.1µg (5.78%), Vitamin B12: 0.27µg (4.58%), Vitamin A: 188.55IU (3.77%), Calcium: 24.54mg (2.45%), Vitamin D: 0.22µg (1.49%)