



## Strawberry Sauce Chicken

 **Gluten Free**  **Dairy Free**

READY IN



**20 min.**

SERVINGS



**4**

CALORIES



**201 kcal**

SAUCE

### Ingredients

- 2 teaspoons cornstarch
- 1 teaspoon juice of lemon
- 4 chicken breast halves boneless skinless boiled cut into bite size pieces
- 0.8 cup strawberries fresh sliced
- 15.5 ounce strawberry nectar canned
- 0.1 cup sugar white to taste

### Equipment

- sauce pan

blender

## Directions

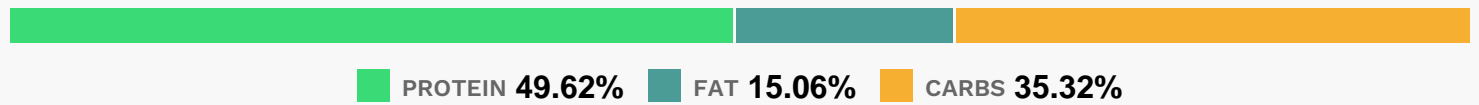
Place boiled chicken on a serving platter and keep warm.

In a blender mix together the nectar, cornstarch, lemon juice, strawberries and sugar (if desired).

Pour mixture into a saucepan and bring to a boil over medium heat. Cook, boiling, for 1 minute.

Serve hot over reserved chicken.

## Nutrition Facts



## Properties

Glycemic Index:37.52, Glycemic Load:7.47, Inflammation Score:-6, Nutrition Score:18.644782491352%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 200.76kcal (10.04%), Fat: 3.36g (5.17%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 14.98g (5.45%), Sugar: 12.96g (14.4%), Cholesterol: 72.32mg (24.11%), Sodium: 132.61mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.91g (49.83%), Vitamin C: 82.31mg (99.77%), Vitamin B3: 12.32mg (61.58%), Selenium: 36.77µg (52.53%), Vitamin B6: 0.91mg (45.56%), Manganese: 0.55mg (27.31%),

Phosphorus: 270.38mg (27.04%), Potassium: 628.93mg (17.97%), Vitamin B5: 1.78mg (17.83%), Magnesium: 47.28mg (11.82%), Fiber: 2.75g (11%), Folate: 37.62µg (9.4%), Vitamin B2: 0.14mg (8.5%), Vitamin B1: 0.11mg (7.03%), Zinc: 0.85mg (5.66%), Iron: 0.99mg (5.49%), Copper: 0.1mg (4.87%), Vitamin E: 0.61mg (4.09%), Vitamin B12: 0.23µg (3.77%), Vitamin K: 3.24µg (3.08%), Calcium: 27.7mg (2.77%), Vitamin A: 50.4IU (1.01%)