



Sweet and Sour Chicken

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

READY IN



30 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon chili-garlic sauce
- 2 teaspoons cornstarch
- 1 teaspoon ginger fresh finely grated
- 2 tablespoons honey
- 1 tablespoon soya sauce reduced-sodium
- 0.3 cup orange juice fresh
- 4 teaspoons vegetable oil; peanut oil preferred
- 4 servings peanuts chopped for sprinkling, optional

- 1 pint pasilla peppers mixed sweet quartered cut into 1-inch strips
- 2 tablespoons rice wine vinegar
- 4 servings salt and pepper black freshly ground
- 6 scallions thinly sliced cut into 1 1/2-inch pieces, greens cut into 1-inch pieces and vertically into thin strips
- 12 ounces chicken breast halves boneless skinless cut into 1-inch pieces
- 8 ounces snow peas trimmed
- 4 servings serving suggestion cooked

Equipment

- bowl
- frying pan
- whisk
- wooden spoon

Directions

- In a small bowl, whisk together the honey, chili-garlic sauce, vinegar, soy sauce, orange juice and cornstarch; set aside.
- Meanwhile, coat the chicken with 2 teaspoons oil and heat large nonstick skillet over medium-high heat. Season the chicken to taste with salt and pepper and cook, turning occasionally with a wooden spoon, 2 minutes.
- Transfer the partially-cooked chicken to a plate. Reserve the pan.
- Heat the remaining 2 teaspoons oil in the pan; add the peppers, scallion whites, and snow peas. Cook, stirring occasionally, until the vegetables are crisp-tender, about 3 minutes. Stir in the reserved chicken; whisk the sauce again and add it to the pan. Simmer, stirring occasionally, until the sauce is thickened and the chicken is tender, 1 to 2 minutes.
- Serve over rice and sprinkle with the scallion greens and peanuts, if using.

Nutrition Facts



PROTEIN **26.88%** FAT **20.15%** CARBS **52.97%**

Properties

Glycemic Index:82.93, Glycemic Load:18.18, Inflammation Score:-10, Nutrition Score:32.591739190661%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 356.07kcal (17.8%), Fat: 8.06g (12.4%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 47.66g (15.89%), Net Carbohydrates: 41.21g (14.99%), Sugar: 17.83g (19.81%), Cholesterol: 54.43mg (18.14%), Sodium: 316.05mg (13.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.19g (48.38%), Vitamin C: 197.67mg (239.6%), Vitamin A: 4556.63IU (91.13%), Manganese: 1.45mg (72.74%), Vitamin B6: 1.25mg (62.4%), Vitamin B3: 12.04mg (60.22%), Vitamin K: 57.61µg (54.87%), Selenium: 28.11µg (40.15%), Phosphorus: 335.5mg (33.55%), Folate: 106.14µg (26.54%), Magnesium: 103.47mg (25.87%), Fiber: 6.45g (25.81%), Vitamin B5: 2.48mg (24.77%), Potassium: 865.96mg (24.74%), Vitamin B1: 0.34mg (22.35%), Vitamin E: 3mg (20.02%), Iron: 2.97mg (16.53%), Vitamin B2: 0.28mg (16.29%), Zinc: 1.71mg (11.37%), Copper: 0.21mg (10.34%), Calcium: 65.24mg (6.52%), Vitamin B12: 0.17µg (2.83%)