



Sweet and Sour Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chicken breasts boneless sliced into strips
- ☐ 0.3 cup chicken stock see
- ☐ 4 servings rice cooked for serving
- ☐ 4 teaspoons cornstarch mixed with 4 teaspoons water
- ☐ 0.5 cup bell pepper green chopped
- ☐ 3 tablespoons brown sugar light
- ☐ 1 cup pineapple chunks with 1/2 cup reserved juice canned drained
- ☐ 0.5 cup bell pepper red chopped

- ☐ 3 tablespoons rice wine vinegar
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons vegetable oil

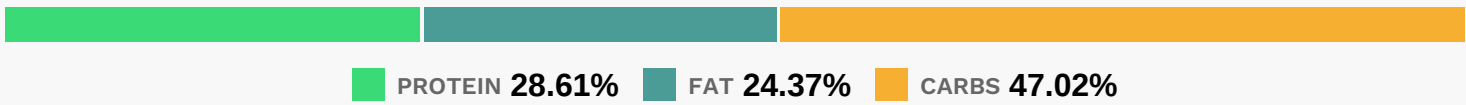
Equipment

- ☐ frying pan

Directions

- ☐ In a large non-stick skillet, heat oil over medium high heat. Season chicken strips and add to pan. Brown chicken and remove to plate.
- ☐ Add red and green peppers and cook for 1 minute. Stir in pineapple chunks, juice, sugar, vinegar and chicken stock and bring to a simmer. Simmer until sauce begins to reduce. Stir in cornstarch mixture and bring liquid to a simmer. Stir in chicken strips and cook for 5 minutes.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:24.2, Inflammation Score:-7, Nutrition Score:19.053913033527%

Flavonoids

Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 385.07kcal (19.25%), Fat: 10.28g (15.82%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 44.63g (14.88%), Net Carbohydrates: 42.82g (15.57%), Sugar: 18.67g (20.75%), Cholesterol: 72.77mg (24.26%), Sodium: 351.95mg (15.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.16g (54.31%), Vitamin B3: 12.79mg (63.94%), Selenium: 42.89µg (61.28%), Vitamin C: 45.76mg (55.47%), Vitamin B6: 1.07mg (53.65%), Phosphorus: 289.13mg (28.91%), Manganese: 0.45mg (22.37%), Vitamin B5: 2.01mg (20.08%), Potassium: 619.04mg (17.69%), Vitamin K: 15.47µg (14.73%), Vitamin A: 715.98IU (14.32%), Magnesium: 53.42mg (13.36%), Vitamin B1: 0.17mg (11.62%), Vitamin B2: 0.17mg (9.97%), Copper: 0.18mg (8.9%), Zinc: 1.2mg (7.99%), Vitamin E: 1.18mg (7.88%), Fiber: 1.81g (7.24%), Iron: 1mg (5.54%), Folate: 21.12µg (5.28%), Vitamin B12: 0.23µg (3.77%), Calcium: 34.98mg (3.5%)