



Sweet and Sour Chicken



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 2 tablespoons capers rinsed
- ☐ 2 carrots chopped
- ☐ 2 ribs celery chopped
- ☐ 1 large roaster chicken
- ☐ 1 cup bodied red wine light
- ☐ 1 large onion spanish chopped
- ☐ 0.5 cup orange juice

- ☐ 0.5 cup red wine vinegar
- ☐ 4 tablespoons sugar
- ☐ 4 tablespoons virgin olive oil
- ☐ 6 cloves garlic whole unpeeled

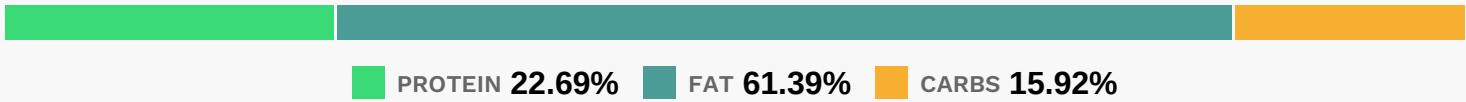
Equipment

- ☐ frying pan

Directions

- ☐ Cut up chicken into 8 pieces, rinse and pat dry.
- ☐ In a 12 to 14 inch saute pan, heat 2 tablespoons of olive oil over medium high heat.
- ☐ Add 4 pieces of chicken and saute until golden brown on all sides, about 10 to 12 minutes.
- ☐ Remove. Repeat with remaining 4 pieces.
- ☐ Remove chicken and add 2 tablespoons olive oil.
- ☐ Add onion, celery, carrots, garlic and cook until softened and lightly browned, about 7 to 9 minutes.
- ☐ Add sugar, vinegar, orange juice, red wine, capers and almonds. replace chicken pieces in pan. Bring to a boil. Reduce heat to simmer, partially cover pan and cook 30 minutes or until remaining liquid just moistens chicken.
- ☐ Serve with couscous or a bitter green salad.

Nutrition Facts



Properties

Glycemic Index:70.73, Glycemic Load:12.56, Inflammation Score:-10, Nutrition Score:25.397826194763%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.36mg, Catechin: 4.36mg, Catechin: 4.36mg, Catechin: 4.36mg

Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg
Epicatechin: 2.31mg, Epicatechin: 2.31mg, Epicatechin: 2.31mg, Epicatechin: 2.31mg Epicatechin 3–gallate: 0.01mg,
Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol: 0.07mg,
Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.08mg, Hesperetin: 4.08mg,
Hesperetin: 4.08mg, Hesperetin: 4.08mg Naringenin: 1.75mg, Naringenin: 1.75mg, Naringenin: 1.75mg, Naringenin:
1.75mg Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg Luteolin: 0.29mg, Luteolin:
0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 2.04mg, Isorhamnetin: 2.04mg, Isorhamnetin: 2.04mg,
Isorhamnetin: 2.04mg Kaempferol: 5.7mg, Kaempferol: 5.7mg, Kaempferol: 5.7mg, Kaempferol: 5.7mg Myricetin:
0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 15.46mg, Quercetin: 15.46mg,
Quercetin: 15.46mg, Quercetin: 15.46mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg,
Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 721.25kcal (36.06%), Fat: 45.85g (70.54%), Saturated Fat: 10.41g (65.08%), Carbohydrates: 26.77g
(8.92%), Net Carbohydrates: 23.95g (8.71%), Sugar: 18.57g (20.63%), Cholesterol: 142.83mg (47.61%), Sodium:
288.94mg (12.56%), Alcohol: 6.36g (100%), Alcohol %: 1.83% (100%), Protein: 38.13g (76.25%), Vitamin A: 5521.68IU
(110.43%), Vitamin B3: 13.88mg (69.42%), Vitamin B6: 0.88mg (43.98%), Selenium: 28.87µg (41.24%), Phosphorus:
362.7mg (36.27%), Vitamin C: 25.47mg (30.87%), Vitamin E: 4.37mg (29.16%), Manganese: 0.46mg (22.81%),
Potassium: 776.31mg (22.18%), Vitamin B2: 0.37mg (22%), Vitamin K: 22.65µg (21.57%), Vitamin B5: 2.04mg
(20.43%), Zinc: 3.01mg (20.08%), Magnesium: 77.47mg (19.37%), Iron: 2.84mg (15.76%), Vitamin B1: 0.21mg (13.88%),
Copper: 0.24mg (11.92%), Folate: 45.03µg (11.26%), Fiber: 2.81g (11.26%), Vitamin B12: 0.59µg (9.84%), Calcium:
83.11mg (8.31%), Vitamin D: 0.38µg (2.54%)