



## Sweet and Sour Chicken

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

READY IN



30 min.

SERVINGS



6

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 box cooking fat sweet sour
- 2 cups water for rice
- 1 lb chicken breast boneless skinless
- 3 tablespoons vegetable oil
- 1 small onion cut into thin wedges
- 0.5 large bell pepper green cut into 3/4-inch pieces
- 0.5 large bell pepper red cut into 3/4-inch pieces
- 1.3 cups water hot for sauce

- 20 oz pineapple chunks drained canned

## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- Pour rice (from Chicken Helper box) into 2-quart saucepan.
- Add 2 cups water.
- Heat just to boiling. Reduce heat; cover and simmer about 20 minutes, without stirring, until rice is tender and liquid is absorbed.
- Meanwhile, cut chicken into 1-inch pieces; pat dry if necessary.
- Place chicken in medium bowl.
- Add seasoned coating (from Chicken Helper box); toss to coat.
- In 10-inch nonstick skillet, heat 1 tablespoon of the oil over medium-high heat.
- Add onion and bell peppers; cook 3 minutes, stirring frequently.
- Remove from skillet. In same skillet, heat remaining 2 tablespoons oil. Carefully add chicken; cook about 6 minutes, stirring occasionally, until deep golden brown on all sides.
- Carefully pour 1 1/4 cups hot water into skillet with chicken; stir in sauce mix (from Chicken Helper box). Return vegetables to skillet.
- Heat to boiling; reduce heat. Simmer uncovered 3 to 5 minutes, stirring occasionally, until sauce thickens and chicken is no longer pink in center. Stir in pineapple; heat until hot.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:13.001739183198%

## Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

## Nutrients (% of daily need)

Calories: 215.45kcal (10.77%), Fat: 9.1g (14.01%), Saturated Fat: 1.54g (9.65%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 15.31g (5.57%), Sugar: 14.87g (16.52%), Cholesterol: 48.52mg (16.17%), Sodium: 96.47mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.91g (33.83%), Vitamin C: 39.13mg (47.44%), Vitamin B3: 8.37mg (41.83%), Vitamin B6: 0.72mg (36.07%), Selenium: 24.64µg (35.2%), Phosphorus: 175.04mg (17.5%), Vitamin K: 15.05µg (14.33%), Potassium: 466.68mg (13.33%), Vitamin B5: 1.15mg (11.48%), Vitamin B1: 0.17mg (11.02%), Vitamin A: 548.63IU (10.97%), Magnesium: 39.29mg (9.82%), Copper: 0.16mg (7.9%), Fiber: 1.95g (7.78%), Vitamin B2: 0.11mg (6.71%), Vitamin E: 0.99mg (6.61%), Folate: 17.62µg (4.4%), Zinc: 0.62mg (4.12%), Iron: 0.68mg (3.75%), Manganese: 0.06mg (2.92%), Calcium: 27.75mg (2.78%), Vitamin B12: 0.15µg (2.52%)