



Sweet and Sour Chicken

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



502 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounces water chestnuts frozen
- 10 ounces chicken frozen fully cooked
- 20 ounces pineapple chunks drained canned
- 9 ounces soy sauce ()
- 0.3 cup water

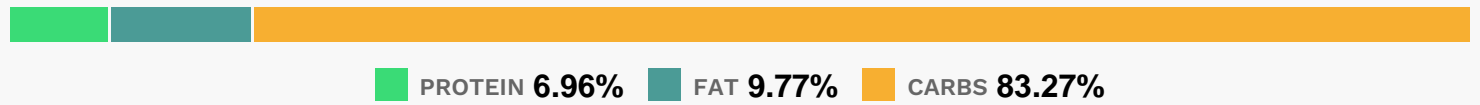
Equipment

- sauce pan

Directions

- Prepare chicken chunks as directed on package. While chicken is baking, heat water to boiling in 3-quart saucepan.
- Add frozen vegetables; reduce heat to medium. Cover and cook 5 to 6 minutes or until hot; drain. Return vegetables to saucepan.
- Stir chicken, pineapple and sweet-and-sour sauce into vegetables in saucepan. Cook over medium heat 3 to 4 minutes, stirring occasionally, until hot.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:9.6256521240525%

Nutrients (% of daily need)

Calories: 501.79kcal (25.09%), Fat: 5.38g (8.28%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 103.15g (34.38%), Net Carbohydrates: 96.88g (35.23%), Sugar: 71.35g (79.28%), Cholesterol: 25.51mg (8.5%), Sodium: 1187.73mg (51.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.62g (17.23%), Vitamin B6: 0.51mg (25.33%), Fiber: 6.27g (25.06%), Vitamin C: 16.14mg (19.56%), Copper: 0.35mg (17.36%), Vitamin B3: 3.35mg (16.77%), Potassium: 448.72mg (12.82%), Iron: 2.25mg (12.47%), Vitamin B1: 0.18mg (12.28%), Selenium: 6.71µg (9.59%), Manganese: 0.19mg (9.45%), Phosphorus: 93.95mg (9.4%), Magnesium: 37.29mg (9.32%), Zinc: 1.26mg (8.39%), Vitamin E: 1.01mg (6.77%), Vitamin B2: 0.11mg (6.69%), Vitamin B5: 0.56mg (5.6%), Folate: 19.33µg (4.83%), Calcium: 33.67mg (3.37%), Vitamin A: 118.5IU (2.37%), Vitamin B12: 0.11µg (1.76%), Vitamin K: 1.84µg (1.75%)