



WHATSheATE



Sweet and Sour Chicken



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 box chicken sweet sour chicken helper®
- ☐ 0.5 large bell pepper green cut into 3/4-inch pieces
- ☐ 1 small onion cut into thin wedges
- ☐ 20 oz pineapple chunks drained canned
- ☐ 0.5 large bell pepper red cut into 3/4-inch pieces
- ☐ 1 lb chicken breast boneless skinless
- ☐ 3 tablespoons vegetable oil
- ☐ 1.3 cups water hot for sauce

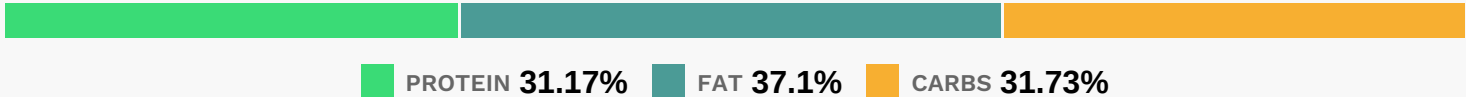
Equipment

- ☐ 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:12.961739052897%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg 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: 214.31kcal (10.72%), Fat: 8.96g (13.79%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 15.31g (5.57%), Sugar: 14.87g (16.52%), Cholesterol: 48.51mg (16.17%), Sodium: 92.64mg (4.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.94g (33.89%), Vitamin C: 39.14mg (47.44%), Vitamin B3: 8.38mg (41.89%), Vitamin B6: 0.72mg (36.1%), Selenium: 24.67µg (35.24%), Phosphorus: 175.29mg (17.53%), Vitamin K: 15.05µg (14.33%), Potassium: 466.99mg (13.34%), Vitamin B5: 1.15mg (11.5%), Vitamin B1: 0.17mg (11.03%), Vitamin A: 548.87IU (10.98%), Magnesium: 38.53mg (9.63%), Fiber: 1.95g (7.78%), Copper: 0.15mg (7.27%), Vitamin B2: 0.11mg (6.72%), Vitamin E: 0.99mg (6.59%), Folate: 17.63µg (4.41%), Zinc: 0.61mg (4.08%), Iron: 0.68mg (3.76%), Manganese: 0.06mg (2.92%), Calcium: 25.4mg (2.54%), Vitamin B12: 0.15µg (2.53%)