



Sweet and Sour Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon bottled garlic minced
- 2 teaspoons brown sugar
- 0.5 cup celery chopped
- 1.5 tablespoons cornstarch
- 0.3 teaspoon pepper red crushed
- 2 tablespoons sherry dry
- 1 teaspoon ground ginger fresh (such as Spice World)
- 0.3 cup soy sauce reduced-sodium

- 1 tablespoon olive oil
- 0.8 cup onion chopped
- 15.3 ounce pineapple chunks undrained canned
- 0.5 cup bell pepper red chopped
- 0.3 cup roasted cashews chopped
- 1.5 pounds chicken breast boneless skinless cut into 1/2-inch pieces

Equipment

- bowl
- frying pan
- whisk

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add garlic, ginger, red pepper, and chicken to pan; saut 5 minutes or until chicken is done.
- Remove chicken mixture from pan; set aside.
- Add onion, celery, and bell pepper to pan, and saut 4 minutes or until crisp-tender.
- Drain pineapple, reserving 1/2 cup juice.
- Add 1 cup pineapple chunks to pan; cook 30 seconds. Reserve remaining pineapple for another use.
- Combine the reserved 1/2 cup juice, soy sauce, sherry, cornstarch, and sugar in a bowl, stirring with a whisk until smooth.
- Return chicken mixture to pan. Stir in juice mixture; bring to boil. Cook 1 minute.
- Sprinkle with cashews.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.29, Inflammation Score:-8, Nutrition Score:26.58347821754%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 402.37kcal (20.12%), Fat: 12.23g (18.81%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 31.66g (10.55%), Net Carbohydrates: 28.53g (10.37%), Sugar: 20.25g (22.5%), Cholesterol: 108.86mg (36.29%), Sodium: 980.91mg (42.65%), Alcohol: 0.77g (100%), Alcohol %: 0.25% (100%), Protein: 40.81g (81.63%), Vitamin B3: 18.77mg (93.83%), Selenium: 57.14µg (81.63%), Vitamin B6: 1.57mg (78.37%), Vitamin C: 39.83mg (48.27%), Phosphorus: 467.35mg (46.73%), Potassium: 1034.67mg (29.56%), Vitamin B5: 2.75mg (27.55%), Magnesium: 107.2mg (26.8%), Manganese: 0.5mg (25.09%), Copper: 0.4mg (19.95%), Vitamin B1: 0.28mg (18.64%), Vitamin B2: 0.3mg (17.61%), Vitamin A: 783.06IU (15.66%), Zinc: 1.93mg (12.9%), Fiber: 3.13g (12.53%), Iron: 2.15mg (11.96%), Folate: 46.59µg (11.65%), Vitamin K: 11.14µg (10.61%), Vitamin E: 1.4mg (9.33%), Calcium: 59.48mg (5.95%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)