



WHATSHEATE



Sweet-and-Sour Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon canola oil divided
- ☐ 2 teaspoons chile paste
- ☐ 4 teaspoons cornstarch divided
- ☐ 1 teaspoon sesame oil dark
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 2 garlic cloves minced

- ☐ 1 cup bell pepper diced green ()
- ☐ 0.5 cup green onions (1-inch)
- ☐ 3 tablespoons catsup
- ☐ 5 teaspoons soya sauce low-sodium divided
- ☐ 1 cup onion diced ()
- ☐ 1 cup pineapple fresh diced ()
- ☐ 1 cup bell pepper diced red ()
- ☐ 2.5 tablespoons rice vinegar
- ☐ 1 pound chicken breast boneless skinless cut into 2 x 1/2-inch-thick pieces
- ☐ 1 teaspoon soya sauce dark

Equipment

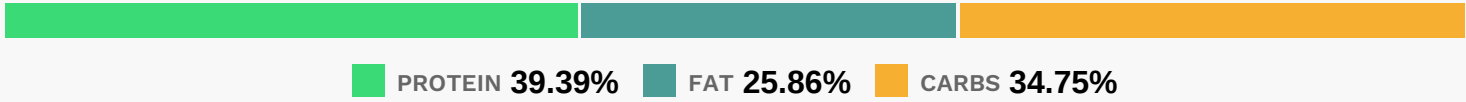
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine 2 teaspoons cornstarch, 2 teaspoons low-sodium soy sauce, and next 3 ingredients in a medium bowl.
- ☐ Add chicken; stir well to coat. Set aside.
- ☐ Combine broth, remaining 2 teaspoons cornstarch, remaining 1 tablespoon low-sodium soy sauce, brown sugar, and next 4 ingredients.
- ☐ Heat 1/2 teaspoon canola oil in a large skillet over medium-high heat.
- ☐ Add diced onion and next 3 ingredients to pan; saut 4 minutes or until crisp-tender.
- ☐ Transfer to a bowl.
- ☐ Heat remaining 2 1/2 teaspoons canola oil in pan.
- ☐ Add chicken mixture to pan, and spread in an even layer; cook, without stirring, 1 minute. Saut an additional 3 minutes or until chicken is done.
- ☐ Return vegetable mixture to pan.
- ☐ Add soy sauce mixture and pineapple, stirring well to combine. Bring to a boil; cook 1 minute or until thickened, stirring constantly.

- ☐ for your toddler: Omit the chile paste; adults can sprinkle red pepper flakes over their portions.
- ☐ Cut a piece of chicken and a spoonful of vegetables into small pieces.
- ☐ Serve it over rice in a small bowl or on a rimmed plate.

Nutrition Facts



Properties

Glycemic Index:67.42, Glycemic Load:4.59, Inflammation Score:-9, Nutrition Score:24.337391366129%

Flavonoids

Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.54mg, Quercetin: 10.54mg, Quercetin: 10.54mg, Quercetin: 10.54mg

Nutrients (% of daily need)

Calories: 269.83kcal (13.49%), Fat: 7.82g (12.04%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 20.5g (7.46%), Sugar: 14.17g (15.74%), Cholesterol: 72.57mg (24.19%), Sodium: 667.08mg (29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.82g (53.65%), Vitamin C: 105.37mg (127.72%), Vitamin B3: 13.2mg (65.98%), Vitamin B6: 1.2mg (60.12%), Selenium: 37.77µg (53.96%), Vitamin K: 34.16µg (32.53%), Manganese: 0.64mg (32.06%), Vitamin A: 1550.31IU (31.01%), Phosphorus: 297.71mg (29.77%), Potassium: 788.12mg (22.52%), Vitamin B5: 2mg (19.96%), Magnesium: 57.11mg (14.28%), Vitamin B2: 0.23mg (13.82%), Folate: 53.12µg (13.28%), Fiber: 3.16g (12.64%), Vitamin E: 1.85mg (12.35%), Vitamin B1: 0.18mg (12.25%), Copper: 0.16mg (8.24%), Iron: 1.38mg (7.65%), Zinc: 1.07mg (7.15%), Vitamin B12: 0.28µg (4.73%), Calcium: 46.99mg (4.7%)