



Sweet and Sour Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cider vinegar
- ☐ 3 cups rice white hot cooked
- ☐ 3 tablespoons cornstarch
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 1 large bell pepper green cut into 3/4-inch pieces
- ☐ 0.3 cup catsup
- ☐ 2 tablespoons lower-sodium soy sauce
- ☐ 1 cup onion chopped (1 medium)

- ☐ 0.3 cup orange juice
- ☐ 16 ounce pineapple chunks in juice drained canned
- ☐ 1 large bell pepper red cut into 3/4-inch pieces
- ☐ 1 pound chicken thighs boneless skinless cut into 1-inch pieces
- ☐ 0.3 cup sugar

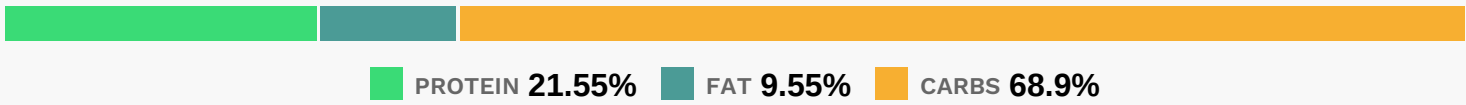
Equipment

- ☐ slow cooker
- ☐ microplane

Directions

- ☐ Combine first 12 ingredients in an electric slow cooker. Cover and cook on LOW for 6 hours or HIGH for 4 hours.
- ☐ Serve over rice.
- ☐ Equipment Tip: To grate ginger quickly, we recommend using a Microplane grater. It's a kitchen must-have.

Nutrition Facts



Properties

Glycemic Index:59.18, Glycemic Load:33.25, Inflammation Score:-8, Nutrition Score:17.500869626584%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 342.94kcal (17.15%), Fat: 3.66g (5.64%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 59.45g (19.82%), Net Carbohydrates: 56.5g (20.54%), Sugar: 28.63g (31.81%), Cholesterol: 71.82mg (23.94%), Sodium: 385.84mg

(16.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.6g (37.19%), Vitamin C: 71.81mg (87.05%), Selenium: 23.8µg (34%), Vitamin B6: 0.68mg (33.75%), Vitamin B3: 5.48mg (27.42%), Manganese: 0.54mg (27.23%), Vitamin A: 1102.48IU (22.05%), Phosphorus: 216.53mg (21.65%), Potassium: 538.61mg (15.39%), Vitamin B1: 0.22mg (14.45%), Vitamin B5: 1.41mg (14.07%), Vitamin B2: 0.24mg (14.03%), Magnesium: 54.43mg (13.61%), Zinc: 1.84mg (12.28%), Fiber: 2.95g (11.79%), Copper: 0.24mg (11.77%), Folate: 36.32µg (9.08%), Vitamin B12: 0.48µg (8.06%), Iron: 1.43mg (7.93%), Vitamin E: 0.94mg (6.3%), Vitamin K: 6.6µg (6.29%), Calcium: 43.22mg (4.32%)