



## Sweet and Sour Chicken I

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons cornstarch
- 1 eggs
- 2 bell pepper green cut into 1 inch pieces
- 0.3 teaspoon ground pepper white
- 2 drops orange food coloring
- 8 1 (8 ounce) can pineapple chunks drained canned (juice reserved)
- 0.5 teaspoon salt
- 2.3 cups self-rising flour

- 8 chicken breast halves boneless skinless cut into 1 inch cubes
- 1 quart vegetable oil for frying
- 1.5 cups water
- 0.5 cup distilled vinegar white
- 0.8 cup sugar white

## Equipment

- frying pan
- paper towels
- sauce pan
- wok

## Directions

- In a saucepan, combine 1 1/2 cups water, sugar, vinegar, reserved pineapple juice, and orange food coloring.
- Heat to boiling. Turn off heat.
- Combine 1/4 cup cornstarch and 1/4 cup water; slowly stir into saucepan. Continue stirring until mixture thickens.
- Combine flour, 2 tablespoons oil, 2 tablespoons cornstarch, salt, white pepper, and egg.
- Add 1 1/2 cups water gradually to make a thick batter. Stir to blend thoroughly.
- Add chicken pieces, and stir until chicken is well coated.
- Heat oil in skillet or wok to 360 degrees F (180 degrees C). Fry chicken pieces in hot oil 10 minutes, or until golden.
- Remove chicken, and drain on paper towels.
- When ready to serve, layer green peppers, pineapple chunks, and cooked chicken pieces on a platter.
- Pour hot sweet and sour sauce over top.

## Nutrition Facts



■ PROTEIN 20.93% ■ FAT 44.9% ■ CARBS 34.17%

## Properties

Glycemic Index:24.64, Glycemic Load:29.7, Inflammation Score:-5, Nutrition Score:18.429130554199%

## Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## Nutrients (% of daily need)

Calories: 562.15kcal (28.11%), Fat: 27.81g (42.78%), Saturated Fat: 4.52g (28.28%), Carbohydrates: 47.62g (15.87%), Net Carbohydrates: 46.23g (16.81%), Sugar: 19.7g (21.89%), Cholesterol: 92.78mg (30.93%), Sodium: 288.75mg (12.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.17g (58.33%), Selenium: 52.06µg (74.37%), Vitamin B3: 12.29mg (61.44%), Vitamin B6: 0.94mg (46.81%), Vitamin K: 46.06µg (43.87%), Vitamin C: 25.38mg (30.77%), Phosphorus: 289.32mg (28.93%), Vitamin B5: 1.88mg (18.78%), Manganese: 0.35mg (17.34%), Vitamin E: 2.46mg (16.39%), Potassium: 514.98mg (14.71%), Magnesium: 42.68mg (10.67%), Vitamin B2: 0.17mg (10.08%), Vitamin B1: 0.12mg (8.04%), Zinc: 1.08mg (7.17%), Copper: 0.13mg (6.51%), Fiber: 1.4g (5.59%), Folate: 21.74µg (5.43%), Iron: 0.97mg (5.41%), Vitamin B12: 0.27µg (4.58%), Vitamin A: 174.88IU (3.5%), Calcium: 19.91mg (1.99%), Vitamin D: 0.22µg (1.49%)