



Sweet and Sour Chicken II

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup brown sugar
- 8 ounce water chestnuts drained sliced canned
- 1 cup celery chopped
- 1.5 pounds chicken meat cooked cut into strips
- 0.3 cup flour all-purpose
- 20 1 (20 ounce) can pineapple chunks canned
- 0.3 cup soya sauce
- 0.5 cup vinegar

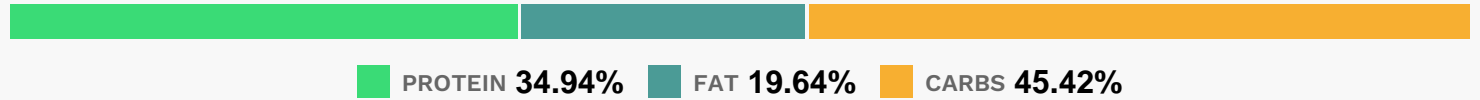
Equipment

sauce pan

Directions

- In a large saucepan over medium-low heat, blend reserved pineapple juice, soy sauce, vinegar, and brown sugar.
- Mix in flour, and stir until thickened.
- Stir bell peppers, celery, and water chestnuts into the saucepan.
- Mix in chicken. Cook and stir until heated through. Stir in the pineapple chunks before serving.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:3.02, Inflammation Score:-3, Nutrition Score:12.624347847441%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 356.3kcal (17.81%), Fat: 7.65g (11.76%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 39.78g (13.26%), Net Carbohydrates: 37.77g (13.73%), Sugar: 29.01g (32.24%), Cholesterol: 85.05mg (28.35%), Sodium: 651.29mg (28.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.6g (61.21%), Vitamin B3: 9.93mg (49.66%), Selenium: 30.67µg (43.82%), Vitamin B6: 0.61mg (30.33%), Phosphorus: 253.48mg (25.35%), Iron: 2.6mg (14.46%), Zinc: 2.06mg (13.74%), Vitamin B2: 0.23mg (13.63%), Vitamin B5: 1.32mg (13.23%), Potassium: 440.2mg (12.58%), Manganese: 0.21mg (10.53%), Magnesium: 36.89mg (9.22%), Vitamin B1: 0.13mg (8.68%), Copper: 0.17mg (8.39%), Fiber: 2g (8.02%), Folate: 26.84µg (6.71%), Vitamin B12: 0.33µg (5.48%), Calcium: 49.96mg (5%), Vitamin K: 5.08µg (4.84%), Vitamin A: 123.74IU (2.47%), Vitamin E: 0.34mg (2.29%), Vitamin C: 1.59mg (1.93%)