



Sweet and Sour Chicken Stir Fry

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup canola oil divided crisco®
- 1 pound chicken breasts boneless cut in 1-inch cubes
- 1 tablespoon cider vinegar
- 1 teaspoon garlic salt
- 0.5 pound mushrooms sliced
- 6 ounce pea pods frozen thawed
- 1 teaspoon powdered ginger
- 0.1 teaspoon pepper flakes red crushed

- 2 teaspoons soya sauce to taste
- 0.5 cup smucker's® low sugar apricot preserves
- 2 medium zucchini cut into 1/4 inch slices

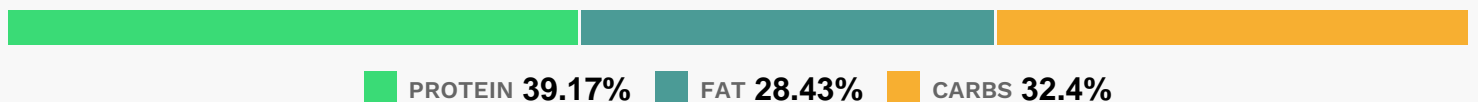
Equipment

- frying pan
- wok

Directions

- Combine SMUCKER'S® preserves, vinegar, garlic salt, ginger, soy sauce and crushed red pepper flakes; stir until well blended. Set aside.
- Heat 2 tablespoons oil in wok or large skillet until hot. Stir-fry zucchini and mushrooms over medium-high heat until zucchini is crisp-tender.
- Transfer mixture to a platter.
- Add remaining oil to wok; cook chicken until tender, stirring often.
- Add pea pods and cooked zucchini and mushrooms; toss gently to mix well and heat through.
- Pour apricot sauce over chicken and vegetables; toss gently to mix well and heat through.
- Serve with rice, if desired.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.76, Inflammation Score:-7, Nutrition Score:23.726087145183%

Flavonoids

Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 267.17kcal (13.36%), Fat: 9.25g (14.22%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 23.71g (7.9%), Net Carbohydrates: 20.24g (7.36%), Sugar: 15.95g (17.72%), Cholesterol: 72.57mg (24.19%), Sodium: 894.22mg (38.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.66g (57.31%), Vitamin B3: 14.75mg (73.73%), Selenium: 42.85µg (61.22%), Vitamin B6: 1.15mg (57.61%), Vitamin C: 45.61mg (55.29%), Phosphorus: 354.42mg

(35.44%), Vitamin B5: 3mg (29.98%), Potassium: 977.06mg (27.92%), Vitamin B2: 0.47mg (27.85%), Manganese: 0.51mg (25.71%), Vitamin K: 19.13µg (18.22%), Magnesium: 66.4mg (16.6%), Copper: 0.31mg (15.55%), Vitamin B1: 0.23mg (15.24%), Folate: 58.7µg (14.67%), Vitamin A: 710.94IU (14.22%), Fiber: 3.47g (13.88%), Iron: 2.26mg (12.53%), Vitamin E: 1.53mg (10.22%), Zinc: 1.43mg (9.56%), Calcium: 45.86mg (4.59%), Vitamin B12: 0.25µg (4.16%), Vitamin D: 0.23µg (1.51%)