



Sweet and Sour Chicken Stir-Fry

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups carrots
- 6 servings rice cooked
- 2 eggs
- 1 medium bell pepper green cut into strips (1 cup)
- 0.3 cup onion separated thinly sliced
- 0.5 teaspoon pepper
- 20 oz pineapple chunks drained canned
- 1 lb chicken breast boneless skinless cut into cubes

- 0.5 cup soy sauce
- 0.3 cup vegetable oil
- 1 cup frangelico
- 1 cup frangelico

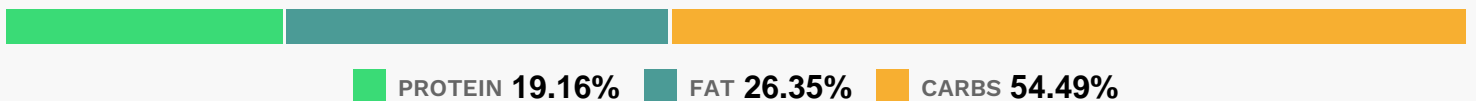
Equipment

- bowl
- frying pan
- ziploc bags
- slotted spoon

Directions

- In large resealable food-storage plastic bag, mix Bisquick mix and pepper.
- In medium bowl, beat eggs slightly. Stir in chicken until coated. Using slotted spoon, remove chicken from eggs; place in bag with Bisquick mix. Seal bag; shake bag until chicken is coated.
- In 12-inch skillet, heat 1 tablespoon of the oil over medium-high heat.
- Add carrots; cook 2 minutes, stirring frequently.
- Add bell pepper and onion; cook 2 minutes longer, stirring frequently.
- Remove from skillet.
- In same skillet, heat remaining 3 tablespoons oil.
- Add chicken; cook, stirring frequently, until golden brown on outside and no longer pink in center.
- Add vegetables; cook about 2 minutes, stirring frequently, until hot. Stir in pineapple and sweet-and-sour sauce; cook until hot.
- Serve over cooked rice.

Nutrition Facts



Properties

Glycemic Index:37.47, Glycemic Load:25.19, Inflammation Score:-10, Nutrition Score:20.893043103425%

Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 445.25kcal (22.26%), Fat: 12.89g (19.82%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 59.97g (19.99%), Net Carbohydrates: 57g (20.73%), Sugar: 30.12g (33.47%), Cholesterol: 102.94mg (34.31%), Sodium: 481.32mg (20.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.09g (42.18%), Vitamin A: 5569.52IU (111.39%), Selenium: 35.08µg (50.12%), Vitamin B3: 8.9mg (44.51%), Vitamin B6: 0.84mg (41.76%), Vitamin C: 28.28mg (34.28%), Phosphorus: 246.39mg (24.64%), Manganese: 0.49mg (24.55%), Vitamin K: 23.56µg (22.44%), Vitamin B5: 1.73mg (17.3%), Potassium: 597.08mg (17.06%), Vitamin B1: 0.2mg (13.54%), Magnesium: 52.07mg (13.02%), Fiber: 2.97g (11.88%), Vitamin B2: 0.2mg (11.74%), Copper: 0.22mg (10.99%), Vitamin E: 1.38mg (9.19%), Zinc: 1.23mg (8.19%), Folate: 26.79µg (6.7%), Iron: 1.16mg (6.44%), Calcium: 50.34mg (5.03%), Vitamin B12: 0.28µg (4.7%), Vitamin D: 0.37µg (2.46%)