



Sweet and Sour Chicken Stir-Fry

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups carrots
- ☐ 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 baking mix original bisquick®

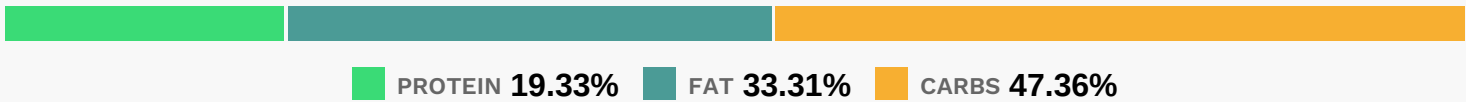
Equipment

- ☐ 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:19.31, Glycemic Load:1.28, Inflammation Score:-10, Nutrition Score:21.168695553489%

Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg 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: 428.15kcal (21.41%), Fat: 15.74g (24.22%), Saturated Fat: 3.1g (19.38%), Carbohydrates: 50.37g (16.79%), Net Carbohydrates: 47.3g (17.2%), Sugar: 32.41g (36.01%), Cholesterol: 103.34mg (34.45%), Sodium: 735.73mg (31.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.56g (41.13%), Vitamin A: 5570.32IU (111.41%), Vitamin B3: 9.49mg (47.47%), Selenium: 30.66µg (43.8%), Vitamin B6: 0.78mg (38.85%), Vitamin C: 28.34mg (34.35%), Phosphorus: 329.42mg (32.94%), Vitamin K: 24.86µg (23.68%), Vitamin B1: 0.3mg (20.16%), Potassium: 602.03mg (17.2%), Vitamin B2: 0.28mg (16.28%), Vitamin B5: 1.6mg (15.99%), Folate: 49.42µg (12.36%), Fiber: 3.07g (12.3%), Magnesium: 47.59mg (11.9%), Copper: 0.2mg (9.8%), Manganese: 0.19mg (9.31%), Vitamin E: 1.37mg (9.16%), Iron: 1.56mg (8.64%), Calcium: 78.24mg (7.82%), Zinc: 0.96mg (6.41%), Vitamin B12: 0.36µg (6%), Vitamin D: 0.37µg (2.46%)