



Sweet and Sour Seitan

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



374 kcal

SIDE DISH

Ingredients

- 1 large bell pepper cut in strips
- 0.3 cup brown sugar
- 2 teaspoons canola oil
- 0.3 cup cider vinegar
- 2 tablespoons cornstarch
- 2 cloves garlic minced
- 1 large onion chopped
- 20 ounce pineapple chunks with juice canned

- 1 cup pineapple juice
- 1 pound seitan chicken style
- 2.5 tablespoons soya sauce

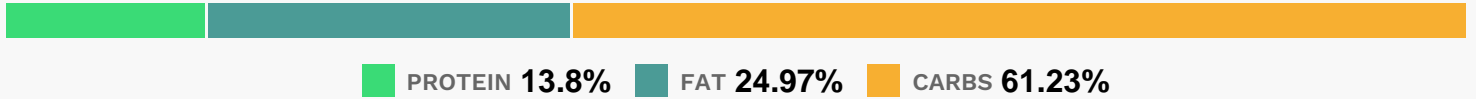
Equipment

- frying pan

Directions

- Heat the oil in a large skillet over medium heat.
- Add the chicken style seitan, and cook until browned, stirring occasionally.
- Add the bell pepper, onion, and garlic. Cook and stir until tender, but still crisp.
- Stir in the pineapple juice, brown sugar, vinegar, soy sauce and cornstarch. Reduce heat to low; cook and stir until thickened.
- Mix in the pineapple chunks just before serving.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:5, Inflammation Score:-8, Nutrition Score:16.322608719701%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

Nutrients (% of daily need)

Calories: 373.71kcal (18.69%), Fat: 10.61g (16.32%), Saturated Fat: 2.55g (15.95%), Carbohydrates: 58.52g (19.51%), Net Carbohydrates: 54.91g (19.97%), Sugar: 47.46g (52.74%), Cholesterol: 40.82mg (13.61%), Sodium: 678.76mg (29.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.19g (26.38%), Vitamin C: 75.82mg (91.9%), Vitamin A: 1434.62IU (28.69%), Vitamin B6: 0.57mg (28.44%), Manganese: 0.53mg (26.71%), Vitamin B3: 5.14mg (25.71%), Vitamin B1: 0.26mg (17.37%), Potassium: 561.87mg (16.05%), Fiber: 3.62g (14.47%), Magnesium: 55.29mg (13.82%), Copper: 0.27mg (13.58%), Phosphorus: 135.56mg (13.56%), Selenium: 9.34µg (13.35%), Folate: 49.21µg (12.3%),

Vitamin B2: 0.17mg (10.07%), Iron: 1.8mg (9.98%), Vitamin E: 1.21mg (8.07%), Vitamin B5: 0.78mg (7.8%), Zinc: 1.17mg (7.77%), Calcium: 69.14mg (6.91%), Vitamin K: 5.6µg (5.33%), Vitamin B12: 0.17µg (2.81%)