



Sweet & sour chicken & veg



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 425 pineapple chunks drained canned
- ☐ 2 tbsp catsup
- ☐ 1 tbsp vegetable oil
- ☐ 1 onion chopped
- ☐ 1 to 5 chillies red deseeded sliced
- ☐ 1 bell pepper green red chopped
- ☐ 2 carrots sliced
- ☐ 2 chicken breast skinless thinly sliced

- ☐ 125 g baby corns sliced
- ☐ 2 tomatoes quartered
- ☐ 4 servings rice cooked

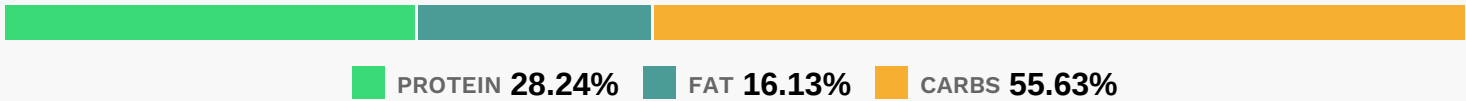
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Make the sweet & sour sauce by whisking together the pineapple juice, tomato ketchup, malt vinegar and cornflour. There should be 300ml add water or stock if youre short.
- ☐ Heat the oil in a frying pan or wok over a high heat.
- ☐ Add the onion, chilli, peppers, carrots and chicken and stir-fry for 3-5 mins until the vegetables are starting to soften and the chicken is almost cooked.
- ☐ Add the corn and sauce. Bubble for 2 mins, add tomatoes and cook for 2 mins until the sauce thickens, the chicken is cooked and the vegetables are tender.
- ☐ Serve with rice, if you like.

Nutrition Facts



Properties

Glycemic Index:82.83, Glycemic Load:29.76, Inflammation Score:-10, Nutrition Score:28.689999808436%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

Nutrients (% of daily need)

Calories: 408.94kcal (20.45%), Fat: 7.47g (11.49%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 57.93g (19.31%), Net Carbohydrates: 52.72g (19.17%), Sugar: 23.96g (26.62%), Cholesterol: 72.32mg (24.11%), Sodium: 237.46mg (10.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.4g (58.81%), Vitamin A: 6038.17IU (120.76%), Vitamin C: 65.76mg (79.7%), Vitamin B3: 14.03mg (70.15%), Vitamin B6: 1.3mg (65.21%), Selenium: 42.86µg (61.22%), Phosphorus: 349.18mg (34.92%), Manganese: 0.66mg (32.85%), Potassium: 1041.3mg (29.75%), Vitamin B5: 2.39mg (23.94%), Fiber: 5.21g (20.83%), Magnesium: 82.76mg (20.69%), Vitamin B1: 0.31mg (20.47%), Vitamin K: 20.37µg (19.4%), Copper: 0.32mg (15.81%), Vitamin B2: 0.23mg (13.67%), Folate: 45.96µg (11.49%), Zinc: 1.65mg (11%), Vitamin E: 1.42mg (9.5%), Iron: 1.58mg (8.76%), Calcium: 59.85mg (5.99%), Vitamin B12: 0.23µg (3.77%)