



 **18%**  
HEALTH SCORE

## Sweet & Sour Polynesian Chicken

 **Gluten Free**  **Dairy Free**

READY IN



**20 min.**

SERVINGS



**4**

CALORIES



**463 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

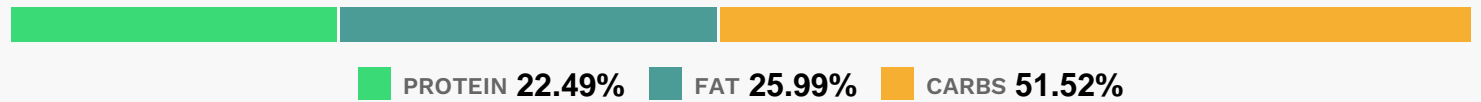
### Ingredients

- 5 tablespoons apple cider vinegar
- 2 tablespoons brown sugar packed
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- 1 large carrots sliced
- 0.5 cup chicken broth
- 4 servings jasmine rice cooked for serving
- 3 tablespoons olive oil (i use extra-light olive oil)
- 3 tablespoons cornstarch

- 3 tablespoons ginger fresh divided minced
- 3 tablespoons garlic fresh divided minced
- 1 small bell pepper green cut into 1-inch dice
- 20 pineapple chunks drained canned
- 4 servings salt
- 3 chicken breast boneless skinless cut into 1-inch dice
- 7.5 ounce snow peas fresh
- 0.5 cup soya sauce divided
- 2 tablespoons sugar
- 1 small onion yellow cut into 1-inch dice

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:90.73, Glycemic Load:30.05, Inflammation Score:-10, Nutrition Score:24.687826086957%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

## Nutrients (% of daily need)

Calories: 463.34kcal (23.17%), Fat: 13.3g (20.47%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 59.32g (19.77%), Net Carbohydrates: 55.93g (20.34%), Sugar: 23.39g (25.99%), Cholesterol: 54.83mg (18.28%), Sodium: 2044.47mg (88.89%), Protein: 25.89g (51.79%), Vitamin A: 3682.73IU (73.65%), Vitamin C: 52.75mg (63.93%), Vitamin B3: 11.08mg (55.4%), Vitamin B6: 1.03mg (51.5%), Selenium: 35.15µg (50.21%), Manganese: 0.92mg (45.75%), Phosphorus: 308.14mg (30.81%), Vitamin K: 23.74µg (22.61%), Vitamin B5: 2.18mg (21.77%), Potassium: 711.97mg (20.34%), Magnesium: 68.64mg (17.16%), Iron: 2.8mg (15.57%), Vitamin B1: 0.22mg (14.8%), Vitamin E: 2.13mg (14.23%), Fiber: 3.4g (13.58%), Vitamin B2: 0.23mg (13.52%), Copper: 0.24mg (11.8%), Folate: 43.03µg (10.76%), Zinc:

1.37mg (9.15%), Calcium: 77.96mg (7.8%), Vitamin B12: 0.18 $\mu$ g (2.92%)