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Sweet and Sour Chicken



Sweet and Sour Chicken with crispy chicken, pineapple and bell peppers that tastes just like your favorite takeout place without the food coloring.

Course	Main Course
Cuisine	Chinese
Keyword	Sweet and Sour Chicken
Prep Time	15 minutes
Cook Time	10 minutes
Total Time	25 minutes
Servings	4
Calories	602 kcal
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Ingredients

- 1 1/2 pounds chicken breasts cut into 1" chunks
- 1/2 cup cornstarch
- 2 eggs beaten
- 1/4 cup flour
- canola oil for frying
- 1 cup pineapple chunks
- 1 red bell pepper cut into 1" chunks
- 1 green bell pepper cut into 1" chunks
- 1/2 yellow onion cut into 1" chunks
- 1/2 cup sugar
- 1/4 cup brown sugar
- 1/2 cup apple cider vinegar
- 1/3 cup ketchup
- 4 teaspoons reduced sodium soy sauce
- 2 cloves garlic minced

Instructions

1. To make the sauce, whisk together the sugar, brown sugar, apple cider vinegar, ketchup, soy sauce and garlic into a small bowl.
2. Pour enough canola oil into a dutch oven or frying pan that is comes up from the bottom about an inch to an inch and a half.
3. Heat the oil on medium high to high heat, you're looking for the chicken to cook and brown in about 2-3 minutes.
4. Add the cornstarch to a large ziplock bag.
5. Add the chicken pieces to the large ziplock bag and shake until all the pieces are well coated.
6. Dip the pieces into the egg, then into the flour before adding to the hot oil.

- 7. Cook the chicken for 2-3 minutes, until cooked through and crispy.
- 8. Remove to a cookie sheet (no paper towels!) and continue cooking all the chicken pieces.
- 9. When done cooking remove all but a tablespoon of the oil.
- 10. Add the bell peppers, onion and pineapple and cook for 1-2 minutes, until crisp-tender.
- 11. Add the sauce back in and stir to coat the pieces and cook for 30 seconds to help the garlic warm through.
- 12. Add the chicken pieces back in and stir until the sauce has thickened and bubbling.
- 13. Serve immediately, with optional garnishes of sesame seeds or green onions.

Nutrition Facts	
Sweet and Sour Chicken	
Amount Per Serving	
Calories 602	Calories from Fat 54
% Daily Value*	
Fat 6g	9%
Saturated Fat 1g	6%
Cholesterol 190mg	63%
Sodium 588mg	26%
Potassium 1082mg	31%
Carbohydrates 92g	31%
Fiber 3g	13%
Sugar 65g	72%
Protein 41g	82%
Vitamin A 1385IU	28%
Vitamin C 79.5mg	96%
Calcium 67mg	7%
Iron 2.4mg	13%
* Percent Daily Values are based on a 2000 calorie diet.	

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