

SWEET AND SOUR CHICKEN NUTRITION INFO

SWEET AND SOUR CHICKEN NUTRITION INFO IS ESSENTIAL FOR THOSE WHO ENJOY THIS POPULAR DISH AND WANT TO UNDERSTAND ITS IMPACT ON THEIR DIET AND HEALTH. SWEET AND SOUR CHICKEN, A STAPLE IN MANY CHINESE-AMERICAN RESTAURANTS, COMBINES BATTERED AND FRIED CHICKEN PIECES WITH A TANGY SAUCE TYPICALLY MADE FROM SUGAR, VINEGAR, AND KETCHUP OR TOMATO PASTE. WHILE IT IS FLAVORFUL AND SATISFYING, THE DISH'S NUTRITION PROFILE CAN VARY SIGNIFICANTLY DEPENDING ON PREPARATION METHODS AND PORTION SIZES. THIS ARTICLE EXPLORES THE MACRONUTRIENT CONTENT, CALORIE COUNT, VITAMINS, MINERALS, AND POTENTIAL HEALTH CONSIDERATIONS OF SWEET AND SOUR CHICKEN. ADDITIONALLY, IT WILL COVER WAYS TO MAKE HEALTHIER CHOICES WHEN CONSUMING THIS DISH AND HOW IT FITS INTO A BALANCED DIET. UNDERSTANDING THE SWEET AND SOUR CHICKEN NUTRITION INFO WILL HELP CONSUMERS MAKE INFORMED DECISIONS AND ENJOY THIS DISH RESPONSIBLY.

- CALORIC AND MACRONUTRIENT BREAKDOWN OF SWEET AND SOUR CHICKEN
- MICRONUTRIENTS AND HEALTH BENEFITS
- COMMON INGREDIENTS AND THEIR NUTRITIONAL IMPACT
- POTENTIAL HEALTH CONCERNS AND DIETARY CONSIDERATIONS
- TIPS FOR MAKING HEALTHIER SWEET AND SOUR CHICKEN

CALORIC AND MACRONUTRIENT BREAKDOWN OF SWEET AND SOUR CHICKEN

ANALYZING THE CALORIC AND MACRONUTRIENT COMPOSITION OF SWEET AND SOUR CHICKEN IS CRUCIAL FOR UNDERSTANDING ITS ROLE IN DAILY NUTRITION. THE DISH PRIMARILY CONSISTS OF PROTEIN FROM CHICKEN, CARBOHYDRATES FROM THE SWEET SAUCE AND BATTER, AND FATS FROM FRYING OIL. DEPENDING ON THE PREPARATION, THE CALORIE CONTENT CAN VARY WIDELY.

CALORIES PER SERVING

A TYPICAL RESTAURANT SERVING OF SWEET AND SOUR CHICKEN RANGES FROM 300 TO 600 CALORIES PER CUP (APPROXIMATELY 200-250 GRAMS). THE VARIATION DEPENDS ON THE AMOUNT OF BATTER, SAUCE, AND OIL ABSORBED DURING FRYING. HOMEMADE VERSIONS MAY HAVE FEWER CALORIES IF BAKED OR AIR-FRIED INSTEAD OF DEEP-FRIED.

MACRONUTRIENT COMPOSITION

THE MACRONUTRIENT BREAKDOWN USUALLY INCLUDES:

- **PROTEIN:** APPROXIMATELY 20-30 GRAMS PER SERVING, MOSTLY FROM CHICKEN BREAST WHICH IS A LEAN PROTEIN SOURCE.
- **CARBOHYDRATES:** RANGES BETWEEN 30-50 GRAMS, MAINLY DUE TO THE SUGARY SAUCE AND BREADING.
- **FAT:** VARIES FROM 10-25 GRAMS, INFLUENCED BY FRYING OIL AND BATTER THICKNESS.

CARBOHYDRATES CONTRIBUTE SIGNIFICANTLY TO THE ENERGY CONTENT DUE TO THE SUGAR CONTENT IN THE SAUCE, WHILE THE FAT CONTENT CAN INCREASE SUBSTANTIALLY IF THE CHICKEN IS DEEP-FRIED.

MICRONUTRIENTS AND HEALTH BENEFITS

BEYOND MACRONUTRIENTS, SWEET AND SOUR CHICKEN PROVIDES VARIOUS VITAMINS AND MINERALS, ESPECIALLY WHEN PREPARED WITH FRESH INGREDIENTS SUCH AS PINEAPPLE, BELL PEPPERS, AND ONIONS. THESE MICRONUTRIENTS CONTRIBUTE TO THE DISH'S OVERALL NUTRITIONAL VALUE.

VITAMINS PRESENT IN SWEET AND SOUR CHICKEN

DEPENDING ON THE VEGETABLES AND FRUITS ADDED, THE DISH CAN BE A SOURCE OF:

- **VITAMIN C:** FOUND IN PINEAPPLE AND BELL PEPPERS, VITAMIN C SUPPORTS IMMUNE FUNCTION AND SKIN HEALTH.
- **VITAMIN A:** PRESENT IN BELL PEPPERS AND ONIONS, VITAMIN A IS IMPORTANT FOR VISION AND CELLULAR GROWTH.
- **B VITAMINS:** CHICKEN PROVIDES B VITAMINS SUCH AS NIACIN AND B6, WHICH ARE ESSENTIAL FOR ENERGY METABOLISM.

MINERALS AND OTHER NUTRIENTS

CHICKEN IS A GOOD SOURCE OF ESSENTIAL MINERALS SUCH AS PHOSPHORUS, SELENIUM, AND ZINC. THE ADDITION OF VEGETABLES CAN INCREASE POTASSIUM AND MAGNESIUM CONTENT, CONTRIBUTING TO ELECTROLYTE BALANCE AND MUSCLE FUNCTION.

COMMON INGREDIENTS AND THEIR NUTRITIONAL IMPACT

UNDERSTANDING THE NUTRITION OF INDIVIDUAL INGREDIENTS IN SWEET AND SOUR CHICKEN HELPS CLARIFY THE OVERALL NUTRITION PROFILE AND IDENTIFIES AREAS FOR IMPROVEMENT OR SUBSTITUTION.

CHICKEN

CHICKEN BREAST IS THE PRIMARY PROTEIN SOURCE, KNOWN FOR ITS HIGH PROTEIN CONTENT AND LOW FAT. HOWEVER, USING DARK MEAT OR SKIN-ON CHICKEN INCREASES FAT AND CALORIE CONTENT.

BREADING AND BATTER

THE BATTER TYPICALLY CONSISTS OF FLOUR, CORNSTARCH, AND EGGS, WHICH ADD CARBOHYDRATES AND FATS. DEEP FRYING ADDS ADDITIONAL FAT CONTENT FROM OIL ABSORPTION, INCREASING THE CALORIE DENSITY.

SWEET AND SOUR SAUCE

THE SIGNATURE SAUCE CONTAINS SUGAR, VINEGAR, KETCHUP, SOY SAUCE, AND SOMETIMES PINEAPPLE JUICE. SUGAR CONTENT IS A SIGNIFICANT CONTRIBUTOR TO THE CARBOHYDRATE AND CALORIE COUNT OF THE DISH. VINEGAR ADDS FLAVOR WITH MINIMAL CALORIES.

VEGETABLES AND FRUITS

COMMON ADDITIONS LIKE PINEAPPLE CHUNKS, BELL PEPPERS, AND ONIONS PROVIDE FIBER, VITAMINS, AND ANTIOXIDANTS, ENHANCING NUTRITIONAL QUALITY AND FLAVOR COMPLEXITY.

POTENTIAL HEALTH CONCERNS AND DIETARY CONSIDERATIONS

WHILE SWEET AND SOUR CHICKEN CAN BE PART OF A BALANCED DIET, CERTAIN FACTORS MAY PRESENT HEALTH CONCERNS FOR SOME INDIVIDUALS, PARTICULARLY WHEN CONSUMED FREQUENTLY OR IN LARGE PORTIONS.

HIGH SUGAR CONTENT

THE SWEET SAUCE TYPICALLY CONTAINS ADDED SUGARS, WHICH CAN CONTRIBUTE TO INCREASED CALORIE INTAKE AND BLOOD SUGAR SPIKES. THIS IS A CONSIDERATION FOR INDIVIDUALS MANAGING DIABETES OR THOSE AIMING TO REDUCE SUGAR CONSUMPTION.

HIGH FAT AND CALORIE DENSITY

DEEP FRYING INCREASES FAT CONTENT, INTRODUCING SATURATED AND SOMETIMES TRANS FATS, DEPENDING ON THE OIL USED. HIGH-FAT MEALS CAN CONTRIBUTE TO CARDIOVASCULAR DISEASE RISK WHEN CONSUMED EXCESSIVELY.

SODIUM LEVELS

COMMERCIAL SAUCES AND SOY SAUCE COMPONENTS MAY CONTAIN HIGH SODIUM LEVELS, WHICH CAN AFFECT BLOOD PRESSURE AND CARDIOVASCULAR HEALTH, PARTICULARLY IN SALT-SENSITIVE INDIVIDUALS.

ALLERGENS AND SENSITIVITIES

COMMON ALLERGENS IN SWEET AND SOUR CHICKEN INCLUDE EGGS (IN BATTER), SOY (IN SOY SAUCE), AND GLUTEN (IN FLOUR). AWARENESS IS IMPORTANT FOR THOSE WITH ALLERGIES OR GLUTEN INTOLERANCE.

TIPS FOR MAKING HEALTHIER SWEET AND SOUR CHICKEN

MODIFICATIONS TO TRADITIONAL RECIPES AND PREPARATION METHODS CAN IMPROVE THE NUTRITIONAL PROFILE OF SWEET AND SOUR CHICKEN WITHOUT SACRIFICING FLAVOR.

COOKING METHOD ALTERNATIVES

- **BAKING OR AIR FRYING:** REDUCES OIL ABSORPTION, LOWERING FAT AND CALORIE CONTENT.
- **GRILLING OR STIR-FRYING:** USES LESS OIL AND RETAINS TEXTURE AND FLAVOR.

HEALTHIER SAUCE INGREDIENTS

- **REDUCE SUGAR:** USE NATURAL SWEETENERS OR REDUCE ADDED SUGARS IN THE SAUCE.
- **LOW-SODIUM SOY SAUCE:** MINIMIZES SODIUM INTAKE WITHOUT COMPROMISING TASTE.
- **FRESH PINEAPPLE JUICE:** ENHANCES NATURAL SWEETNESS AND VITAMIN CONTENT.

INGREDIENT SUBSTITUTIONS

- **WHOLE WHEAT OR ALMOND FLOUR:** USED FOR BATTER TO INCREASE FIBER AND REDUCE REFINED CARBS.
- **SKINLESS CHICKEN BREAST:** MAINTAINS LEAN PROTEIN CONTENT.
- **EXTRA VEGETABLES:** BOOSTS FIBER, VITAMINS, AND ANTIOXIDANTS.

INCORPORATING THESE TIPS CAN HELP INDIVIDUALS ENJOY SWEET AND SOUR CHICKEN AS PART OF A NUTRITIOUS AND BALANCED DIET WHILE MANAGING CALORIE, FAT, SUGAR, AND SODIUM INTAKE EFFECTIVELY.

FREQUENTLY ASKED QUESTIONS

WHAT ARE THE TYPICAL CALORIES IN A SERVING OF SWEET AND SOUR CHICKEN?

A TYPICAL SERVING OF SWEET AND SOUR CHICKEN CONTAINS APPROXIMATELY 300 TO 400 CALORIES, DEPENDING ON THE PORTION SIZE AND PREPARATION METHOD.

IS SWEET AND SOUR CHICKEN HIGH IN SUGAR?

YES, SWEET AND SOUR CHICKEN USUALLY CONTAINS A SIGNIFICANT AMOUNT OF SUGAR DUE TO THE SWEET SAUCE, WHICH OFTEN INCLUDES INGREDIENTS LIKE SUGAR, PINEAPPLE JUICE, OR SWEETENERS.

HOW MUCH PROTEIN DOES SWEET AND SOUR CHICKEN PROVIDE?

SWEET AND SOUR CHICKEN GENERALLY PROVIDES AROUND 20 TO 25 GRAMS OF PROTEIN PER SERVING, MAINLY FROM THE CHICKEN BREAST.

IS SWEET AND SOUR CHICKEN A HIGH-FAT MEAL?

SWEET AND SOUR CHICKEN CAN BE MODERATELY HIGH IN FAT, ESPECIALLY IF THE CHICKEN IS DEEP-FRIED BEFORE BEING COATED IN SAUCE. THE FAT CONTENT VARIES BASED ON COOKING METHODS.

ARE THERE HEALTHIER ALTERNATIVES FOR SWEET AND SOUR CHICKEN?

YES, HEALTHIER VERSIONS CAN BE MADE BY BAKING OR STIR-FRYING THE CHICKEN INSTEAD OF DEEP-FRYING, USING LESS SUGAR IN THE SAUCE, AND ADDING MORE VEGETABLES.

HOW MUCH SODIUM IS TYPICALLY FOUND IN SWEET AND SOUR CHICKEN?

SWEET AND SOUR CHICKEN OFTEN CONTAINS A HIGH AMOUNT OF SODIUM, USUALLY RANGING FROM 600 TO 900 MILLIGRAMS PER SERVING, LARGELY DUE TO SOY SAUCE AND OTHER SALTY INGREDIENTS IN THE SAUCE.

ADDITIONAL RESOURCES

1. *THE NUTRITIONAL SCIENCE OF SWEET AND SOUR CHICKEN*

THIS BOOK OFFERS AN IN-DEPTH ANALYSIS OF THE NUTRITIONAL COMPONENTS FOUND IN SWEET AND SOUR CHICKEN DISHES. IT

BREAKS DOWN THE CALORIE CONTENT, MACRONUTRIENTS, AND MICRONUTRIENTS, HELPING READERS UNDERSTAND HOW THIS POPULAR DISH FITS INTO A BALANCED DIET. PERFECT FOR FOOD ENTHUSIASTS AND NUTRITIONISTS ALIKE, THE BOOK ALSO DISCUSSES HEALTHIER PREPARATION METHODS.

2. SWEET AND SOUR CHICKEN: A HEALTHIER APPROACH

FOCUSING ON MAKING SWEET AND SOUR CHICKEN A NUTRITIOUS MEAL, THIS GUIDE PROVIDES PRACTICAL TIPS FOR REDUCING SUGAR, FAT, AND SODIUM WITHOUT SACRIFICING FLAVOR. IT INCLUDES RECIPES THAT USE WHOLESOME INGREDIENTS AND ALTERNATIVE COOKING TECHNIQUES TO ENHANCE THE DISH'S HEALTH BENEFITS. READERS WILL FIND IT USEFUL FOR CREATING MEALS THAT ARE BOTH DELICIOUS AND DIET-FRIENDLY.

3. UNDERSTANDING THE CALORIES IN SWEET AND SOUR CHICKEN

THIS BOOK DIVES INTO THE CALORIC CONTENT OF SWEET AND SOUR CHICKEN, EXPLAINING HOW PORTION SIZE, INGREDIENTS, AND COOKING METHODS IMPACT OVERALL CALORIE INTAKE. IT OFFERS STRATEGIES FOR MANAGING CALORIES WHILE STILL ENJOYING THIS CLASSIC DISH. ADDITIONALLY, THE BOOK FEATURES COMPARISONS BETWEEN RESTAURANT VERSIONS AND HOMEMADE RECIPES.

4. SWEET AND SOUR CHICKEN: INGREDIENTS AND NUTRITION FACTS

A COMPREHENSIVE GUIDE DETAILING EACH INGREDIENT COMMONLY USED IN SWEET AND SOUR CHICKEN RECIPES AND THEIR NUTRITIONAL PROFILES. THE BOOK EXPLAINS HOW DIFFERENT COMPONENTS LIKE CHICKEN, SAUCES, AND VEGETABLES CONTRIBUTE TO THE DISH'S NUTRITIONAL VALUE. IT ALSO COVERS ALLERGEN INFORMATION AND DIETARY CONSIDERATIONS.

5. BALANCING FLAVORS AND NUTRITION IN SWEET AND SOUR CHICKEN

THIS BOOK EXPLORES THE HARMONY BETWEEN TASTE AND HEALTH IN SWEET AND SOUR CHICKEN DISHES. IT PROVIDES INSIGHTS INTO BALANCING SUGAR, ACIDITY, AND PROTEIN TO CREATE A MEAL THAT IS BOTH FLAVORFUL AND NUTRITIOUS. READERS WILL LEARN HOW TO MODIFY RECIPES TO SUIT VARIOUS DIETARY NEEDS, INCLUDING LOW-SUGAR AND LOW-FAT OPTIONS.

6. THE IMPACT OF SWEET AND SOUR CHICKEN ON BLOOD SUGAR LEVELS

TARGETING INDIVIDUALS CONCERNED WITH GLYCEMIC CONTROL, THIS BOOK EXAMINES HOW SWEET AND SOUR CHICKEN AFFECTS BLOOD SUGAR. IT DISCUSSES THE ROLE OF SUGARS AND STARCHES IN THE DISH AND OFFERS GUIDANCE ON PORTION CONTROL AND INGREDIENT SUBSTITUTIONS. THE BOOK IS A VALUABLE RESOURCE FOR DIABETICS AND THOSE MANAGING METABOLIC HEALTH.

7. SWEET AND SOUR CHICKEN: A NUTRITIONAL COMPARISON OF TAKEOUT AND HOMEMADE

THIS COMPARATIVE STUDY LOOKS AT THE NUTRITIONAL DIFFERENCES BETWEEN TAKEOUT SWEET AND SOUR CHICKEN AND VERSIONS MADE AT HOME. IT HIGHLIGHTS THE VARIATIONS IN FAT, SUGAR, AND SODIUM CONTENT, ENCOURAGING READERS TO COOK AT HOME FOR BETTER HEALTH OUTCOMES. THE BOOK ALSO PROVIDES RECIPES AND TIPS FOR PREPARING HEALTHIER HOMEMADE DISHES.

8. OPTIMIZING PROTEIN INTAKE WITH SWEET AND SOUR CHICKEN

FOCUSING ON THE PROTEIN ASPECT OF SWEET AND SOUR CHICKEN, THIS BOOK EXPLAINS HOW TO MAXIMIZE PROTEIN ABSORPTION AND QUALITY IN THE DISH. IT DISCUSSES THE BENEFITS OF USING DIFFERENT CUTS OF CHICKEN AND COMPLEMENTARY INGREDIENTS TO BOOST NUTRITIONAL VALUE. IDEAL FOR ATHLETES AND HEALTH-CONSCIOUS INDIVIDUALS, IT COMBINES CULINARY TECHNIQUES WITH NUTRITION SCIENCE.

9. SWEET AND SOUR CHICKEN IN A BALANCED DIET

THIS BOOK POSITIONS SWEET AND SOUR CHICKEN WITHIN THE CONTEXT OF OVERALL DIETARY PATTERNS AND MEAL PLANNING. IT OFFERS ADVICE ON HOW TO INCORPORATE THE DISH INTO VARIOUS EATING STYLES, INCLUDING MEDITERRANEAN, LOW-CARB, AND PLANT-FORWARD DIETS. THE BOOK EMPHASIZES MODERATION AND VARIETY TO MAINTAIN HEALTH WHILE ENJOYING FAVORITE FOODS.

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sweet and sour chicken nutrition info: The Complete Guide to Sports Nutrition Anita Bean, 2013-08-15 The Complete Guide to Sports Nutrition is the definitive practical handbook for anyone wanting a performance advantage. This fully updated and revised edition incorporates the latest cutting-edge research. Written by one of the country's most respected sports nutritionists, it provides the latest research and information to help you succeed. This seventh edition includes accessible guidance on the following topics: maximising endurance, strength and performance how to calculate your optimal calorie, carbohydrate and protein requirements advice on improving body composition specific advice for women, children and vegetarians eating plans to cut body fat, gain muscle and prepare for competition sport-specific nutritional advice.

sweet and sour chicken nutrition info: The Complete Guide to Sports Nutrition (9th Edition) Anita Bean, 2022-03-03 The Complete Guide to Sports Nutrition is the definitive practical handbook for anyone wanting a performance advantage. What you eat and drink are important considerations when it comes to maximising your sports performance. Whether you are a professional or amateur athlete, or just enjoy regular workouts, well-chosen nutrition strategies can enhance your performance and recovery after exercise. This ninth edition includes accessible guidance on the following topics: - Maximising endurance, strength, performance and recovery - How to calculate your optimal energy, carbohydrate and protein requirements - Advice on improving body composition - The most popular sports supplements - Relative energy deficiency in sport (RED-S) and eating disorders - Hydration strategies to prevent hypohydration and overhydration - Specific advice for masters athletes, young athletes and plant-based athletes - Nutrition strategies to prepare for competition This fully updated and revised edition incorporates the latest cutting-edge research and provides all the tools to help you reach your performance goals.

sweet and sour chicken nutrition info: Nutrition Decisions Carolyn Dunn (PhD.), 2013 Nutrition Decisions: Eat Smart, Move More encourages personal health behavior change for a lifetime of good habits and good health among students. The text employs the Theory of Planned Behavior to empower students to make positive changes in their lives to improve their health. The most current research-based information on each concept is presented as well as specific strategies that can be employed for behavior change. Information is presented in modules that include one specific topic of instruction within the field of nutrition, physical activity or other aspect of health and wellness. The material is research-based and well referenced, but is presented in an applied and consumer-oriented method that makes it easy for a non-science major to understand. Students are encouraged to check their own behavior based on the module content. Instructors will be given instructions on how to track a specific behavior (for example, record beverage consumption over 3 days). Suggestions will be given as to how students can make specific positive changes. Students will record their goal and how they intend to improve their overall health on their personal record sheet, which will be presented in the text as well as on the companion website. All chapters will include suggestions about how students can make incremental changes in their health behaviors. There will also be a myth versus fact section that will discuss the most common myths about foods and nutrition.

sweet and sour chicken nutrition info: Eat What You Love--Everyday! Marlene Koch, 2014-04-22 QVC regular and best-selling author of Eat What You Love presents 200 light and tasty recipes that are low in fat, calories and sugar and offers restaurant menu item makeovers, dishes for special occasions and gluten free options.

sweet and sour chicken nutrition info: The Fasting Skinny Diet Slow Cooker Cookbook Sarah Hewitt , The premise behind the fasting (5:2 diet) is to eat normally for five days, while fasting on the other two days. It is suggested that you limit yourself to 500 cals (600 for men) for two non-consecutive days a week. This concept of the 5:2 diet, or intermittent fasting, works by sending your body into 'repair mode' rather than storing fat (starvation mode), which can happen when you just cut down all together. This 'repair mode' causes the body to restore damaged cells, which uses more energy. High Protein is essential along with low calorie as It's not all about calories; we have

to make sure what we do eat counts in nutrients. Slow cookers are among an array of old kitchen gadgets making a comeback. Most of us are experiencing the joys of cooking delicious readymade meals at home. They're super convenient, everything is cooked in one pot, and it uses less electricity. The extended cooking times allow better distribution of flavors in many recipes. Every recipe includes nutritional information about calories, fat, cholesterol, carbs, total sugar, dietary fiber and protein. These recipes will help you in your daily intake of protein, at the same time restrict your calories, on fasting days.

sweet and sour chicken nutrition info: *Great Chicken Dishes*, 2003-10-27 This comprehensive, user-friendly chicken cookbook includes sections on buying, handling, preparing and storing this favorite mealtime staple, as well as 325 recipes including classic family favorites and creative dishes from around the world.

sweet and sour chicken nutrition info: *The Asian Diet* Diana My Tran, Idamarie Laquatra, 2003-07 Diana My Tran, author of *The Vietnamese Cookbook*, and registered dietitian Idamarie Laquatra reveal the secrets of the Asian way of healthful eating, in this unique book featuring a 14-day diet, more than 100 delicious and nutritious recipes, and a plan for lifelong health.

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sweet and sour chicken nutrition info: *101 Viral CrockPot Recipes* Robert Reese, Crockpot cooking offers unparalleled convenience, making it one of the easiest and most time-efficient methods of preparing a wide variety of dishes. Whether you're a busy professional, a parent juggling multiple tasks, or simply someone who enjoys a hands-off approach to cooking, a crockpot allows you to prepare meals with minimal effort. The beauty of crockpot cooking lies in its simplicity—just add your ingredients, set the timer, and let the slow cooker do all the hard work. It eliminates the need for constant stirring, checking, or fussing over pots and pans. Plus, the longer cooking time ensures that flavors meld together beautifully, creating rich, deep-tasting meals with little input required from you.

sweet and sour chicken nutrition info: *25 Slow-Cooker-Friendly High Protein Recipes - Part 1* Mattis Lundqvist, 2021-09-14 Time for the slow-cooker and protein-rich dishes! If you are looking for high-protein recipe ideas for your slow-cooker, you have come to the right place. With fifty cooking suggestions that have plenty to offer for every occasion and taste. How about chicken enchiladas? Would you like a potato or zucchini soup? Looking for tasty main dish ideas that can be cooked in the Slow Cooker? Do you want a gently prepared pumpkin quinoa casserole? ...or a hearty chickpea and eggplant stew? Order now and enjoy the world of the slow cooker recipes rich in protein!

sweet and sour chicken nutrition info: *OCR Food and Nutrition for GCSE: Home Economics* Anita Tull, 2012-04-20 This textbook is endorsed by OCR for use with the OCR GCSE Home Economics: Food and Nutrition specification. Packed with the information that students need for their course, it presents the key areas of knowledge in an accessible, uncomplicated and concise fashion. Illustrated with photos and pictures throughout, it includes: differentiated activities to support higher and lower ability students; exam practice questions (with mark schemes) to support the food and nutrition unit; a chapter on coursework preparation (for the short tasks and Food Study task); and up-to-date coverage of topics such as genetically modified food, fair trade issues and food legislation. Additional material for teachers is available at www.hodderplus.co.uk/foodandnutrition.

sweet and sour chicken nutrition info: *101 Mix and Match Recipes with Vegetables* Satarupa Banerjee, 2000-06-10 Want to prepare a light and delicious dish in a hurry? Try some vegetable recipes! Vegetables do not take a long time and effort to prepare, but certainly add a lot to a meal -- flavour, texture and colour, not to mention a healthy dose of vitamins and minerals. No matter what the occasion, you could try a variety of recipes from here --some using fresh vegetables, and others

with fish, chicken and eggs to make protein-complete diets. There are some purely vegetarian dishes, too.

sweet and sour chicken nutrition info: *The Calorie* Juliette Kellow, 2007 This guide is designed for quick reference and ease of use. It contains full nutritional information, including individual serving sizes, for each food listed. It covers healthy diets, exercise, diet myths and advice for losing weight safely.

sweet and sour chicken nutrition info: *Slimming Slow Cooker* Hamlyn, 2022-11-24 200 TASTY, EASY, LOW-CALORIE RECIPES Eating healthier doesn't need to be difficult. With a slow cooker you can revolutionise your dieting experience. Requiring only minimal preparation, a slow cooker will cook your ingredients throughout the day or overnight, producing a delicious, slimming meal that will be ready to eat as soon as you are. Inside this cookbook, you will find 200 low-calorie, fuss-free recipes - with colour photography throughout! You'll be surprised at the variety of healthy, flavourful meals you can make with your slow cooker. Slimming Slow Cooker contains light bites such as Spinach & Courgette Tian; veggie feasts such as Spiced Date & Chickpea Pilaf; mouth-watering mains such as All-in-One Chicken Casserole and Salmon Bourride; and tasty, guilt-free treats such as Chocolate Crème Caramels. This is the perfect solution for those who would like to eat better but are too tired to cook at the end of the day. Let your slow cooker do the work for you and make your dieting effortless!

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sweet and sour chicken nutrition info: Culinary Nutrition Jacqueline B. Marcus, 2025-05-15 Culinary Nutrition: The Science and Practice of Healthy Cooking, Second Edition is one of the first textbooks specifically written to bridge the relationship between food science, nutrition, and culinology as well as consumer choices for diet, health, and enjoyment. The book uses a comprehensive format with real-life applications, recipes, and color photographs of finished dishes to emphasize the necessity of sustainably deliverable, health-beneficial, and taste-desirable products. The book includes pedagogical elements to enhance and reinforce learning opportunities; explores which foods and beverages involve the optimum nutritional values for dietary and health needs; includes specific dietary requirements throughout the lifecycle; and examines how foods and beverages are produced. The fully revised second edition includes updated dietary and health guidelines and recommendations; more vegan, vegetarian, and plant-based meals; updated protein, carbohydrate, fat, vitamin and mineral recommendations; environmental and sustainability considerations; and much more. - Explores the connections among the technical sciences of nutrition, food science, and the culinary arts, as well as consumer choices for diet, health, and enjoyment - Presents laboratory-type, in-class activities using limited materials with real-life applications of complex, scientific concepts - Includes photographs and recipes that are integrated to enhance learning experiences - Offers online support for qualified instructors and students, including an exam test bank, case studies, hands-on applications, and recipes that are suitable for a variety of settings

sweet and sour chicken nutrition info: *The Complete Nutrition Counter-Revised* Lynn Sonberg, 2008-01-02 Newly updated and easy-to-use A-to-Z listings of brand names and whole foods. All the information readers will ever need to know about what they eat in one handy guide. Counters are included for all the food essentials including calories, proteins, total fat, saturated fat, trans fat, cholesterol, sodium, calcium, iron, carbohydrates and fiber.

sweet and sour chicken nutrition info: Viv Moon's OUTDOOR & TRAVELLERS' COOKBOOK Viv Moon, 2021-07-04 VIV & RON MOON have spent much of their lives exploring and writing about Australia's wild and remote areas. In their travels they combine many interests such as 4wd touring, camping, canoeing, photography and camp fire cooking. Since 2007 they have spent over 8 years Overlanding around the world. Their adventures both within Australia and overseas continue today. Viv commenced writing her Camp Fire Cooking column in 4x4 Australia magazine well over 35 years ago, and her column appeared in the magazine for 30 years and was one of the

magazine's most popular features. Over the last 35 years or more Viv has been called upon to cater and cook on a number of large 4WD expeditions and for TV documentary shoots in remote areas. Planning and preparation were essential, with no supermarket or roadhouse nearby to replenish supplies, and many skills, not only cooking, were honed during those trips. Her meals and cooking prowess are highly regarded by many far and wide. Viv put all that expertise and knowledge into two cookbooks - Viv Moon's OUTDOOR Cookbook and TRAVELLERS' Cookbook. Both cookbooks have been hugely popular with many editions. Now it's time to combine both of these amazing cookbooks, along with many more recipes, so that all the fabulous recipes, hints and ideas are combined into one extraordinary 533 page cookbook. Viv Moon's OUTDOOR & TRAVELLERS' Cookbook is written specifically to help you get the most out of cooking during your travels, whether you are 4WD touring, camping, caravanning or simply holidaying; or even at home. The recipes throughout the book are easy, simple and delicious, using ingredients that are readily available wherever you may be travelling and have been carefully selected and adapted to suit cooking in a wide range of circumstances. Discover how simple it is to use a camp oven to make great bread, fluffy scones, succulent roasts and more. Learn the skills needed to cook well over an open fire, or simply enjoy the recipes that can be cooked on top of your gas stove, on the BBQ or in your caravan's kitchen. This book will enable you to cook confidently and successfully as well as expand your cooking skills and help you serve up simple yet interesting and satisfying meals to your family, while on your travels, or at home. Viv & Ron's knowledge of all things to do with touring Australia, including cooking in the great outdoors, is vast and extensive. Together they have also written 18 guidebooks, produced a variety of videos and write for a wide range of magazines. Now with Viv's two cookbooks combined into one - Viv Moon's OUTDOOR & TRAVELLERS' Cookbook, you have at your fingertips 516 recipes in one outstanding cookbook which is a culmination of many years of outdoor cooking experience and expertise, now passed onto you. It's an ideal travelling companion to have at your fingertips.

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