

Pineapple Orange Chicken

Dole Fruits

Servings: 4

1 can (20 ounces) Dole pineapple chunks, drained and juice reserved
2 cups Minute brown rice, uncooked
1 pound boneless/ skinless chicken breasts, cut into 1/2-inch pieces
2 tablespoons all-purpose flour
1 tablespoon vegetable oil
1 cup red bell pepper, chopped
1 cup sugar snap peas
2/3 cup Kikkoman reduced sodium soy sauce
1 large orange, zested and juiced OR
1/2 cup fresh orange juice
1/2 teaspoon crushed red chiles (optional)
1/4 cup toasted chopped cashews sliced green onions (optional)

Measure the reserved pineapple juice and add enough water to make 1-3/4 cups of liquid.

Prepare the rice according to package directions using the juice-water mixture.

Coat the chicken pieces with flour.

Heat the oil in a large skillet or wok over medium-high heat and cook the chicken until the edges are golden brown, about 5 to 7 minutes. Add the pineapple, bell pepper and snap peas. Cook until slightly softened, about 3 minutes.

Add the sweet and sour sauce, soy sauce, orange juice and red chiles, if desired, to the pan. Stir and cook an additional 3 minutes or until the sauce begins to boil. Stir in the orange zest.

Serve over the rice topped with the cashews and green onions, if desired.

Per Serving (excluding unknown items): 67 Calories; 4g Fat (46.5% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	67	Vitamin B6 (mg):	.1mg
% Calories from Fat:	46.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	44.8%	Thiamin B1 (mg):	.1mg

% Calories from Protein: 8.7%
Total Fat (g): 4g
Saturated Fat (g): trace
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 8g
Dietary Fiber (g): 2g
Protein (g): 1g
Sodium (mg): 3mg
Potassium (mg): 70mg
Calcium (mg): 19mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 73mg
Vitamin A (i.u.): 2307IU
Vitamin A (r.e.): 212RE

Riboflavin B2 (mg): trace
Folacin (mcg): 14mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 67 **Calories from Fat:** 31

% Daily Values*

Total Fat	4g	5%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	8g	3%
Dietary Fiber	2g	6%
Protein	1g	

Vitamin A	46%
Vitamin C	122%
Calcium	2%
Iron	3%

** Percent Daily Values are based on a 2000 calorie diet.*