

# Chinese Pineapple Chicken

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-ppineapple-chicken>

## Ingredients:

- 2 chicken breasts
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 1/4 teaspoon pepper
- 1 egg
- 3 tablespoons flour
- 3 tablespoons cornstarch
- corn oil for frying
- 1 cup pineapple chunks
- 1 cup pineapple juice
- 1/4 cup brown sugar
- 1 tablespoon cornstarch
- 1 tablespoon cold water
- 1 tablespoon soy sauce

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 125 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 27 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 830 milligrams
9. Sugar: 22 grams

---

Thank you for visiting our website. Hope you enjoy Chinese Pineapple Chicken above. You can see more 20 recipe for chinese pineapple chicken Try these culinary delights! to get more great cooking ideas.