

# Pressure Cooker Chinese Take-Out Sweet 'N Sour Chicken

Yield: 4 min  
Total Time: 23 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-chicken-s-take-out-style>

## Ingredients:

- 2 pounds chicken Breast boneless/skinless
- 1 cup potato starch or more if needed
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1/16 teaspoon five-spice Chinese, optional
- 1/4 cup vegetable oil or Olive Oil
- 1/2 cup water Fresh
- 2 large eggs optional
- 3/4 cup sugar
- 1/2 cup Heinz Ketchup
- 3/4 cup apple cider vinegar
- 1/4 cup soy sauce Low Sodium
- 2 cloves garlic Fresh, minced
- 1/2 cup water Fresh
- rice See my Pressure Cooker Perfectly Cooked Pot Pot, recipe

## Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 255 milligrams
4. Fat: 23 grams
5. Fiber: 3 grams
6. Protein: 53 grams
7. SaturatedFat: 4 grams
8. Sodium: 1430 milligrams
9. Sugar: 40 grams

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