



Asian Broccoli Chicken with Cashews

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



25

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 cups broccoli florets
- 0.3 cup planters cashew halves with pieces
- 0.3 cup classic catalina dressing kraft
- 0.3 tsp pepper red crushed
- 2 cloves garlic minced
- 2 tsp oil
- 1 lb chicken breasts boneless skinless cut into thin strips
- 2 Tbsp lite soy sauce

0.5 cup water

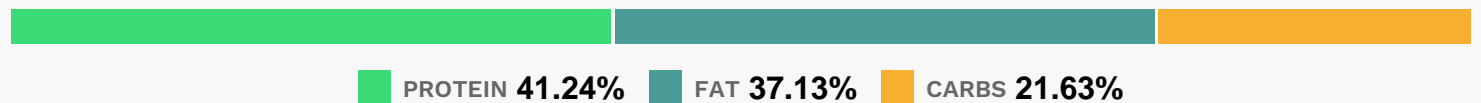
Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add chicken and garlic; cook 6 to 8 min. or until chicken is done, stirring occasionally.
- Remove chicken from skillet; cover to keep warm.
- Add broccoli and water to skillet; cover. Cook 3 to 4 min. or until broccoli is crisp-tender, stirring occasionally.
- Stir in chicken and all remaining ingredients except nuts; cook 2 min. or until heated through, stirring occasionally. Top with nuts.

Nutrition Facts



Properties

Glycemic Index:4.09, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:4.7730435388892%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 45.82kcal (2.29%), Fat: 1.91g (2.94%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 1.96g (0.71%), Sugar: 1.08g (1.2%), Cholesterol: 11.61mg (3.87%), Sodium: 139.13mg (6.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Vitamin C: 16.53mg (20.04%), Vitamin K: 19.32µg (18.4%), Vitamin B3: 2.08mg (10.42%), Selenium: 6.57µg (9.38%), Vitamin B6: 0.18mg (8.97%), Phosphorus: 60.06mg (6.01%), Potassium: 137.56mg (3.93%), Vitamin B5: 0.38mg (3.81%), Manganese: 0.07mg (3.69%), Magnesium: 13.02mg (3.25%), Folate: 12.79µg (3.2%), Vitamin B2: 0.04mg (2.52%), Vitamin A: 124.78IU (2.5%), Copper: 0.05mg (2.29%), Fiber: 0.54g (2.16%), Vitamin B1: 0.03mg (2.09%), Iron: 0.33mg (1.82%), Zinc: 0.26mg (1.76%), Vitamin E: 0.26mg (1.73%), Calcium: 10.87mg (1.09%)