



Cantonese Chicken Chop Suey

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



890 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rice long-grain uncooked
- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 1 pound savory vegetable fresh (4 cups)
- ☐ 0.5 cup water
- ☐ 0.5 cup sauce classic-style
- ☐ 1 tablespoon honey
- ☐ 2 cups chow mein noodles

☐ 0.3 cup cashew pieces

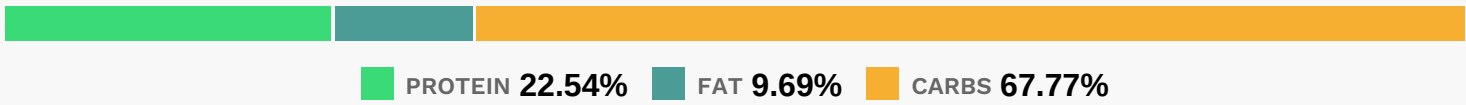
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook rice as directed on package.
- ☐ While rice is cooking, cut chicken into 1/2-inch pieces. Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat.
- ☐ Add chicken; sprinkle with seasoned salt. Stir-fry 4 to 6 minutes or until brown.
- ☐ Add vegetables and water to skillet.
- ☐ Heat to boiling; reduce heat to medium. Cover and cook 5 to 7 minutes, stirring occasionally, until vegetables are crisp-tender. Stir in stir-fry sauce and honey; heat through.
- ☐ Divide rice and noodles among bowls. Top with chicken mixture.
- ☐ Sprinkle with cashews.

Nutrition Facts



Properties

Glycemic Index:45.91, Glycemic Load:29.89, Inflammation Score:-10, Nutrition Score:27.642608590748%

Nutrients (% of daily need)

Calories: 889.76kcal (44.49%), Fat: 9.51g (14.64%), Saturated Fat: 1.46g (9.16%), Carbohydrates: 149.75g (49.92%), Net Carbohydrates: 138g (50.18%), Sugar: 13.79g (15.32%), Cholesterol: 72.57mg (24.19%), Sodium: 1574.71mg (68.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.8g (99.61%), Vitamin A: 5792.37IU (115.85%), Vitamin B3: 14.08mg (70.4%), Selenium: 45.37µg (64.82%), Vitamin B6: 1.07mg (53.45%), Fiber: 11.75g (47.02%), Manganese: 0.94mg (46.76%), Phosphorus: 406.25mg (40.62%), Iron: 6.23mg (34.6%), Vitamin B5: 2.34mg (23.43%), Magnesium: 92.21mg (23.05%), Potassium: 769.17mg (21.98%), Copper: 0.42mg (21.08%), Vitamin B1: 0.28mg (18.49%), Vitamin C: 13.22mg (16.03%), Zinc: 2.15mg (14.36%), Vitamin B2: 0.24mg (14.07%), Folate: 43.24µg (10.81%), Calcium: 51.33mg (5.13%), Vitamin B12: 0.23µg (3.78%), Vitamin K: 3.02µg (2.88%), Vitamin E: 0.34mg (2.26%)