



 **35%**
HEALTH SCORE

Cashew Chicken

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

READY IN



75 min.

SERVINGS



4

CALORIES



906 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 carrots sliced
- 1.5 cups cashew pieces
- 0.5 cup catsup
- 0.3 teaspoon ground pepper to taste (more)
- 3 chicken tenderloins whole cut into bite size pieces (or chicken tenders)
- 0.5 cup chicken broth
- 2 cups rice white cooked
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- 0.3 cup cooking oil
- 2 tablespoons cornstarch
- 2 tablespoons ginger fresh minced
- 1 tablespoon garlic minced
- 1 bell pepper green chopped
- 1 onion chopped
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 1.5 teaspoons sesame oil
- 2 cups snow peas
- 4 teaspoons soya sauce
- 0.5 teaspoon sugar
- 3 tablespoons sugar
- 2 tablespoons worcestershire sauce

Equipment

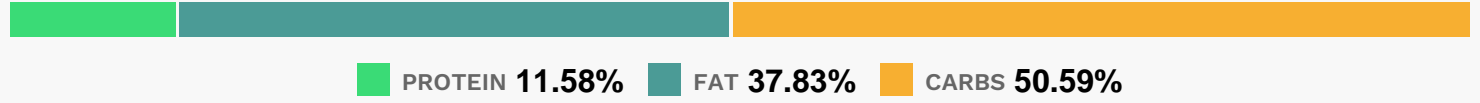
- bowl
- frying pan
- wok

Directions

- Combine Catsup, soy sauce, salt, Worcestershire Sauce, sugar, sesame oil, cayenne pepper, and chicken broth and set aside. In a bowl, combine cornstarch, sugar, and salt. Toss the chicken with cornstarch mixture.
- Heat a wok or frying pan to a high heat and add cooking oil. When oil is hot add chicken.
- Add gingerroot, garlic and onion. Stir fry mixture until chicken is cooked through and opaque.
- Add bell pepper and carrots, stir fry until tender crisp about 2-3 minutes, then add snow peas. Continue to stir fry until tender crisp.

- Add catsup/soysauce mixture to chicken and vegetables and cook until it comes to a boil.
- Add the cashews and serve immediately over a bed of white rice.

Nutrition Facts



Properties

Glycemic Index:167.05, Glycemic Load:83.6, Inflammation Score:-10, Nutrition Score:38.190869565217%

Flavonoids

Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

Nutrients (% of daily need)

Calories: 905.62kcal (45.28%), Fat: 38.78g (59.67%), Saturated Fat: 5.48g (34.27%), Carbohydrates: 116.72g (38.91%), Net Carbohydrates: 110.76g (40.27%), Sugar: 25.3g (28.12%), Cholesterol: 24.59mg (8.2%), Sodium: 1340.73mg (58.29%), Protein: 26.71g (53.42%), Vitamin A: 5963.23IU (119.26%), Manganese: 2.28mg (114.03%), Vitamin C: 61.07mg (74.03%), Copper: 1.39mg (69.53%), Selenium: 40.82µg (58.31%), Phosphorus: 545.1mg (54.51%), Magnesium: 210.62mg (52.65%), Vitamin B6: 1.02mg (50.8%), Vitamin K: 46.47µg (44.25%), Vitamin B3: 6.98mg (34.91%), Iron: 5.92mg (32.91%), Zinc: 4.62mg (30.81%), Potassium: 1024.56mg (29.27%), Vitamin B1: 0.42mg (28.23%), Vitamin E: 4.08mg (27.23%), Vitamin B5: 2.45mg (24.49%), Fiber: 5.97g (23.86%), Vitamin B2: 0.26mg (15.45%), Folate: 60.32µg (15.08%), Calcium: 104.69mg (10.47%), Vitamin B12: 0.08µg (1.35%)