



Cashew Chicken

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

READY IN



25 min.

SERVINGS



6

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup rice vinegar
- 2 tablespoons sesame oil
- 0.5 cup cooking sherry
- 2 teaspoons garlic powder
- 1.5 pounds chicken boneless skinless cubed
- 3 tablespoons canola oil
- 3 cups broccoli florets fresh
- 1 cup carrots thinly sliced

- 2 teaspoons cornstarch
- 0.3 cup soya sauce
- 0.3 cup hoisin sauce
- 1 tablespoon ground ginger
- 1 cup roasted cashews salted
- 1 serving rice hot cooked
- 1 serving rice hot cooked
- 1 serving rice hot cooked

Equipment

- bowl
- frying pan
- ziploc bags
- wok
- slotted spoon

Directions

- In a small bowl, combine the vinegar, sherry, sesame oil and garlic powder.
- Pour half into a large resealable plastic bag; add chicken. Seal bag and turn to coat; refrigerate for 2 hours. Cover and refrigerate remaining marinade.
- Discard marinade from chicken. In a wok or large skillet, stir-fry chicken in canola oil for 2–3 minutes or until no longer pink. With a slotted spoon, remove chicken and set aside.
- In the same skillet, stir-fry broccoli and carrots for 3 minutes or until crisp-tender.
- Combine the cornstarch, soy sauce, hoisin sauce, ginger and reserved marinade until smooth; gradually stir into vegetables. Bring to a boil; cook and stir for 1–2 minutes or until thickened. Stir in cashews and chicken; heat through.
- Serve with rice.

Nutrition Facts



■ PROTEIN **14.94%** ■ FAT **57.63%** ■ CARBS **27.43%**

Properties

Glycemic Index:81.81, Glycemic Load:13.43, Inflammation Score:-10, Nutrition Score:23.311739258144%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 497kcal (24.85%), Fat: 31.35g (48.23%), Saturated Fat: 5.82g (36.35%), Carbohydrates: 33.57g (11.19%), Net Carbohydrates: 30.21g (10.98%), Sugar: 7.59g (8.43%), Cholesterol: 41.28mg (13.76%), Sodium: 1184.15mg (51.48%), Alcohol: 2.06g (100%), Alcohol %: 0.98% (100%), Protein: 18.28g (36.56%), Vitamin A: 3924.78IU (78.5%), Vitamin K: 63.76µg (60.72%), Vitamin C: 42.79mg (51.87%), Manganese: 0.94mg (46.86%), Copper: 0.64mg (32.04%), Phosphorus: 279.02mg (27.9%), Vitamin B3: 5.48mg (27.39%), Magnesium: 100.72mg (25.18%), Vitamin B6: 0.46mg (23.09%), Selenium: 15.86µg (22.65%), Zinc: 2.61mg (17.43%), Iron: 3.08mg (17.12%), Potassium: 540.83mg (15.45%), Folate: 59.54µg (14.88%), Vitamin E: 2.22mg (14.83%), Vitamin B2: 0.24mg (14.14%), Fiber: 3.37g (13.47%), Vitamin B5: 1.33mg (13.25%), Vitamin B1: 0.15mg (9.77%), Calcium: 60.93mg (6.09%), Vitamin B12: 0.17µg (2.81%)