



## Cashew Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 0.3 cup cashew pieces chopped
- ☐ 3 cups brown rice hot cooked
- ☐ 1 tablespoon cornstarch divided
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 cup bell pepper green chopped ( 1 large)
- ☐ 0.5 cup green onions chopped ( 2)

- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 11 ounce mandarin oranges in syrup light drained canned
- ☐ 0.3 cup orange juice
- ☐ 1 pound chicken breasts boneless skinless cut into strips
- ☐ 1 teaspoon vegetable oil

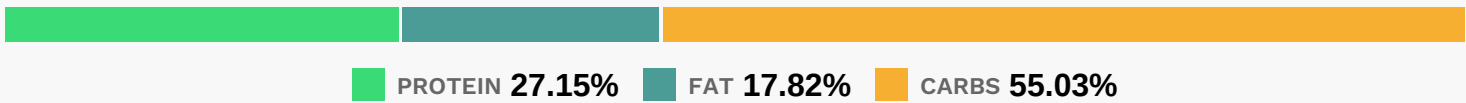
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Combine chicken strips, orange juice, and 1 teaspoon cornstarch in a medium bowl; cover and chill 1 hour.
- ☐ Heat oil in a nonstick skillet over medium heat.
- ☐ Add cashews; cook, stirring constantly, 30 seconds.
- ☐ Remove from pan; set aside.
- ☐ Add chicken mixture to pan. Cook, uncovered, over medium-high heat 8 minutes or until chicken is lightly browned, stirring constantly.
- ☐ Add water chestnuts and next 3 ingredients; cook 5 minutes.
- ☐ Combine broth, soy sauce, and 1 tablespoon cornstarch; add to chicken mixture. Bring to a boil; reduce heat, and cook, stirring constantly, until thickened.
- ☐ Remove from heat; stir in oranges. Spoon chicken mixture over rice, and sprinkle with cashews.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:38.07, Glycemic Load:14.7, Inflammation Score:-7, Nutrition Score:21.253043226574%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 5.36mg, Hesperetin: 5.36mg, Hesperetin: 5.36mg, Hesperetin: 5.36mg Naringenin: 5.43mg, Naringenin: 5.43mg, Naringenin: 5.43mg, Naringenin: 5.43mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

## Nutrients (% of daily need)

Calories: 311.62kcal (15.58%), Fat: 6.24g (9.6%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 43.33g (14.44%), Net Carbohydrates: 38.25g (13.91%), Sugar: 9.04g (10.04%), Cholesterol: 48.38mg (16.13%), Sodium: 444.08mg (19.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.38g (42.77%), Manganese: 1.33mg (66.31%), Vitamin C: 42.32mg (51.3%), Vitamin B3: 10.13mg (50.66%), Vitamin B6: 0.95mg (47.44%), Selenium: 26.69µg (38.13%), Phosphorus: 310.83mg (31.08%), Magnesium: 97.4mg (24.35%), Vitamin K: 22.58µg (21.5%), Fiber: 5.07g (20.3%), Potassium: 670.17mg (19.15%), Vitamin B5: 1.82mg (18.17%), Copper: 0.34mg (16.96%), Vitamin B1: 0.24mg (16.02%), Iron: 2.11mg (11.75%), Zinc: 1.74mg (11.58%), Vitamin A: 572.26IU (11.45%), Vitamin B2: 0.16mg (9.49%), Folate: 33.76µg (8.44%), Vitamin E: 0.82mg (5.46%), Calcium: 49.96mg (5%), Vitamin B12: 0.23µg (3.78%)