



WHATSheATE



Cashew Chicken and Broccoli



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup rice long-grain white uncooked
- ☐ 3 tablespoons soya sauce
- ☐ 2 teaspoons ginger grated
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon sesame oil
- ☐ 1 lb chicken breast boneless skinless cut into bite-size pieces
- ☐ 0.8 cup chicken broth (from 32-oz carton)
- ☐ 1.5 teaspoons cornstarch

- ☐ 1 tablespoon vegetable oil
- ☐ 3 cups broccoli florets fresh
- ☐ 2 tablespoons spring onion sliced
- ☐ 1 cup roasted cashews salted

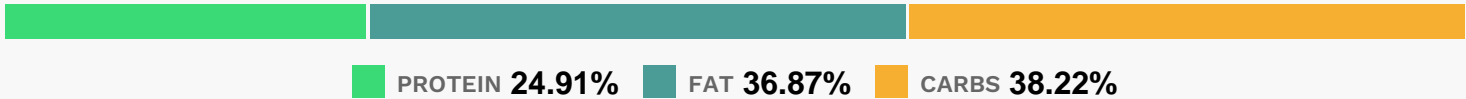
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook rice in water as directed on package.
- ☐ Meanwhile, in large bowl, mix soy sauce, gingerroot, sugar and sesame oil. Stir in chicken until coated; let stand 15 minutes to marinate.
- ☐ In small bowl, stir 1/4 cup of the broth and the cornstarch until cornstarch is dissolved; set aside.
- ☐ In 12-inch skillet, heat vegetable oil over high heat.
- ☐ Remove chicken from marinade and add to heated oil in skillet; reserve any remaining marinade. Cook chicken about 3 minutes, stirring frequently, until no longer pink in center.
- ☐ Stir broccoli and remaining 1/2 cup broth into chicken in skillet; cover and cook 1 minute. Stir in onions and cashews.
- ☐ Stir reserved marinade into cornstarch mixture. Stir into chicken mixture; cook and stir 1 to 2 minutes or until sauce thickens slightly.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:56.32, Glycemic Load:24, Inflammation Score:-8, Nutrition Score:32.913913125577%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 5.39mg, Kaempferol: 5.39mg, Kaempferol: 5.39mg, Kaempferol: 5.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 575.99kcal (28.8%), Fat: 23.89g (36.76%), Saturated Fat: 4.61g (28.82%), Carbohydrates: 55.73g (18.58%), Net Carbohydrates: 52.11g (18.95%), Sugar: 4.44g (4.93%), Cholesterol: 73.46mg (24.49%), Sodium: 1293.85mg (56.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.32g (72.63%), Vitamin K: 94.37µg (89.88%), Vitamin C: 62.85mg (76.19%), Vitamin B3: 14.14mg (70.68%), Selenium: 49.32µg (70.46%), Vitamin B6: 1.16mg (58.14%), Phosphorus: 525.05mg (52.51%), Manganese: 1.04mg (52.08%), Copper: 0.96mg (47.81%), Magnesium: 151.32mg (37.83%), Vitamin B5: 2.95mg (29.52%), Potassium: 930.97mg (26.6%), Zinc: 3.46mg (23.09%), Iron: 3.75mg (20.83%), Folate: 79.33µg (19.83%), Vitamin B2: 0.33mg (19.64%), Vitamin B1: 0.24mg (16.07%), Fiber: 3.62g (14.46%), Vitamin A: 490.01IU (9.8%), Vitamin E: 1.44mg (9.62%), Calcium: 72.92mg (7.29%), Vitamin B12: 0.24µg (3.93%)