



## Cashew Chicken Stir Fry



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 10 small spears asparagus fresh trimmed cut into bite-size pieces
- ☐ 8 ounce bamboo skewers drained sliced canned
- ☐ 2 cups cabbage shredded
- ☐ 1 tablespoon cajun seasoning blend to taste (such as Tony Chachere's®)
- ☐ 0.5 cup cashew pieces
- ☐ 3 stalks celery chopped
- ☐ 1.3 cups chicken broth
- ☐ 1 tablespoon cornstarch

- ☐ 2 green onions chopped
- ☐ 2 tablespoons olive oil divided
- ☐ 1 pinch paprika to taste
- ☐ 0.5 bell pepper red cut into thin strips
- ☐ 4 chicken breast halves boneless skinless cut into bite-size pieces
- ☐ 4 teaspoons soya sauce divided
- ☐ 25 sugar snap peas chopped

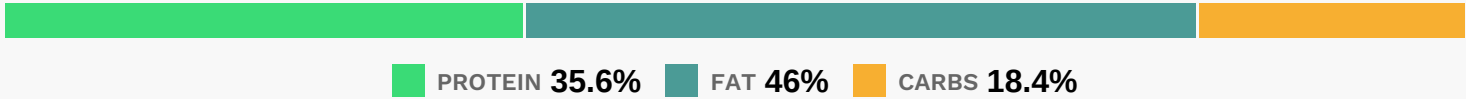
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

## Directions

- ☐ Sprinkle chicken pieces with Cajun seasoning.
- ☐ Whisk chicken broth, cornstarch, and 3 teaspoons soy sauce together in a bowl until completely blended.
- ☐ Heat 1 tablespoon olive oil in a deep frying pan or wok over high heat. Cook and stir chicken in hot oil until cooked through, 6 to 10 minutes.
- ☐ Remove chicken from pan and drain any accumulated liquids.
- ☐ Heat remaining 1 tablespoon olive oil in the frying pan or wok over high heat. Stir fry cabbage, snap peas, asparagus, celery, red bell pepper, green onions, and bamboo shoots for 1 minute. Stir in 1 teaspoon soy sauce. Continue cooking until vegetables are tender but still crisp, about 3 minutes.
- ☐ Stir chicken into cabbage mixture.
- ☐ Pour chicken broth mixture over chicken mixture, reduce heat to medium, and simmer until sauce thickens, about 1 minute. Reduce heat to low; add cashews and cook until heated through, 1 minute.
- ☐ Sprinkle with paprika.

# Nutrition Facts



## Properties

Glycemic Index:68.55, Glycemic Load:2.61, Inflammation Score:-9, Nutrition Score:28.520434690558%

## Flavonoids

Apigenin: 0.89mg, Apigenin: 0.89mg, Apigenin: 0.89mg, Apigenin: 0.89mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1.71mg, Isorhamnetin: 1.71mg, Isorhamnetin: 1.71mg, Isorhamnetin: 1.71mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

## Nutrients (% of daily need)

Calories: 338.64kcal (16.93%), Fat: 17.8g (27.39%), Saturated Fat: 3.01g (18.82%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 11.4g (4.15%), Sugar: 5.73g (6.36%), Cholesterol: 73.79mg (24.6%), Sodium: 778.83mg (33.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.01g (62.01%), Vitamin K: 73.95µg (70.42%), Vitamin B3: 13.3mg (66.49%), Vitamin B6: 1.19mg (59.53%), Selenium: 41.17µg (58.82%), Vitamin C: 41.41mg (50.2%), Phosphorus: 404.97mg (40.5%), Vitamin A: 1906.29IU (38.13%), Manganese: 0.64mg (32.08%), Copper: 0.57mg (28.41%), Potassium: 894.97mg (25.57%), Magnesium: 101.27mg (25.32%), Vitamin B5: 2.2mg (22.04%), Vitamin E: 3.04mg (20.24%), Iron: 3.44mg (19.13%), Fiber: 4.63g (18.51%), Vitamin B1: 0.27mg (18.09%), Vitamin B2: 0.31mg (18.07%), Folate: 66.96µg (16.74%), Zinc: 2.45mg (16.35%), Calcium: 65.71mg (6.57%), Vitamin B12: 0.24µg (4.01%)