



Cashew Chicken Stir-Fry

 Gluten Free  Dairy Free

READY IN



42 min.

SERVINGS



4

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

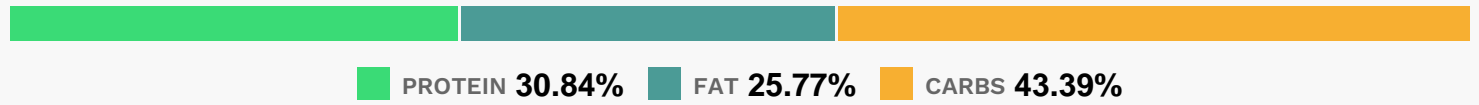
Ingredients

- 1 lb chicken breast boneless
- 0.5 cup cashew pieces toasted
- 2 tablespoons sherry dry
- 1 teaspoon ground ginger fresh minced
- 1 garlic clove minced
- 1 cup snow peas frozen thawed
- 1 tablespoon vegetable oil
- 4 cups savory vegetable fresh

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- 0.3 cup soya sauce
- 1 teaspoon sugar

Equipment

Nutrition Facts



Properties

Glycemic Index:61.32, Glycemic Load:17.49, Inflammation Score:-10, Nutrition Score:40.036956521739%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 513.24kcal (25.66%), Fat: 15.39g (23.68%), Saturated Fat: 2.8g (17.49%), Carbohydrates: 58.32g (19.44%), Net Carbohydrates: 42.39g (15.41%), Sugar: 3.27g (3.64%), Cholesterol: 72.57mg (24.19%), Sodium: 1116.15mg (48.53%), Alcohol: 0.77g (4.29%), Protein: 41.44g (82.88%), Vitamin A: 18784.47IU (375.69%), Vitamin B3: 17.34mg (86.69%), Manganese: 1.49mg (74.6%), Vitamin B6: 1.35mg (67.52%), Vitamin C: 54.23mg (65.74%), Fiber: 15.93g (63.73%), Selenium: 41.64µg (59.48%), Phosphorus: 583.69mg (58.37%), Magnesium: 177.62mg (44.4%), Vitamin B1: 0.63mg (42.15%), Potassium: 1392.37mg (39.78%), Copper: 0.77mg (38.35%), Iron: 5.94mg (33.01%), Folate: 127.19µg (31.8%), Vitamin B2: 0.48mg (28.05%), Vitamin B5: 2.6mg (25.97%), Zinc: 3.39mg (22.61%), Vitamin K: 18.15µg (17.29%), Calcium: 118.68mg (11.87%), Vitamin E: 0.73mg (4.9%), Vitamin B12: 0.23µg (3.78%)