



## Chicken and Basil Rice Bowl with Cashews

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup torn basil leaves divided
- 2 cups broccoli florets
- 1 tablespoon canola oil divided
- 2 tablespoons cashew pieces unsalted chopped
- 2 teaspoons cornstarch
- 0.5 teaspoon pepper red crushed
- 1 teaspoon sesame oil dark
- 1 tablespoon ginger fresh minced peeled

- 1 tablespoon garlic fresh minced
- 2 tablespoons juice of lime fresh
- 0.5 teaspoon lime rind grated
- 0.7 cup lower-sodium chicken broth fat-free
- 2 tablespoons lower-sodium soy sauce divided
- 1 medium bell pepper red cut into 1-inch pieces
- 1 pound chicken thighs boneless skinless cut into 1-inch pieces
- 1 cup rice long-grain white uncooked

## Equipment

- bowl
- frying pan

## Directions

- Cook rice according to package directions, omitting salt and fat. Fluff rice. Stir in lime rind.
- Heat a large nonstick skillet over medium-high heat.
- Add 1 1/2 teaspoons canola oil and sesame oil to pan; swirl to coat.
- Combine chicken, 1 tablespoon soy sauce, garlic, ginger, and crushed red pepper in a bowl; toss to coat.
- Add chicken mixture to pan; cook 6 minutes or until chicken begins to brown, stirring frequently.
- Remove chicken from pan.
- Add remaining 1 1/2 teaspoons canola oil to pan; swirl to coat.
- Add broccoli and bell pepper to pan; cook 3 minutes or until crisp-tender, stirring occasionally.
- Combine remaining 1 tablespoon soy sauce, chicken broth, and cornstarch in a bowl.
- Add chicken mixture and broth mixture to pan. Bring to a boil; cook 2 minutes or until sauce begins to thicken, stirring occasionally.
- Add 1/2 cup basil to pan, stirring until basil wilts.

Remove pan from heat; stir in lime juice. Spoon 1/2 cup rice mixture into each of 4 bowls; top each serving with about 1 1/2 cups chicken mixture.

Sprinkle evenly with remaining 1/4 cup basil and chopped cashews.

## Nutrition Facts

**PROTEIN 28.53%** **FAT 26.29%** **CARBS 45.18%**

### Properties

Glycemic Index:74.35, Glycemic Load:23.82, Inflammation Score:-9, Nutrition Score:26.787826268569%

### Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

### Nutrients (% of daily need)

Calories: 413.33kcal (20.67%), Fat: 12.03g (18.51%), Saturated Fat: 2.13g (13.29%), Carbohydrates: 46.54g (15.51%), Net Carbohydrates: 43.62g (15.86%), Sugar: 2.63g (2.92%), Cholesterol: 107.73mg (35.91%), Sodium: 486.47mg (21.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.39g (58.78%), Vitamin C: 82.54mg (100.04%), Vitamin K: 74.56µg (71.01%), Selenium: 35.21µg (50.3%), Manganese: 0.86mg (43.11%), Vitamin B6: 0.82mg (41.15%), Vitamin B3: 7.91mg (39.54%), Phosphorus: 354.09mg (35.41%), Vitamin A: 1557.71IU (31.15%), Vitamin B5: 2.29mg (22.9%), Potassium: 721.22mg (20.61%), Vitamin B2: 0.33mg (19.63%), Zinc: 2.92mg (19.49%), Magnesium: 76.04mg (19.01%), Copper: 0.34mg (16.94%), Folate: 59.51µg (14.88%), Vitamin B1: 0.22mg (14.38%), Iron: 2.42mg (13.46%), Vitamin E: 1.94mg (12.93%), Vitamin B12: 0.73µg (12.1%), Fiber: 2.91g (11.65%), Calcium: 64.72mg (6.47%)