



Chicken and Cashew Stir-Fry



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 teaspoons cornstarch
- ☐ 1.5 tablespoons ginger fresh peeled finely chopped
- ☐ 4 garlic clove finely chopped
- ☐ 0.8 cup chicken broth reduced-sodium
- ☐ 1 bell pepper red chopped
- ☐ 0.3 teaspoon pepper dried hot
- ☐ 0.5 cup roasted cashews salted whole

- ☐ 0.5 teaspoon salt
- ☐ 1 bunch spring onion
- ☐ 1 pound chicken thighs boneless skinless
- ☐ 1.5 tablespoons soya sauce
- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons vegetable oil

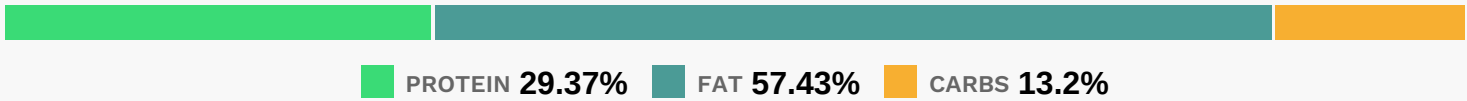
Equipment

- ☐ frying pan
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Chop scallions, separating white and green parts. Pat chicken dry, then cut into 3/4-inch pieces and toss with salt and pepper.
- ☐ Heat a wok or 12-inch heavy skillet (not nonstick) over moderately high heat until a drop of water evaporates immediately.
- ☐ Add oil, swirling to coat, then stir-fry chicken until golden in places and just cooked through, 4 to 5 minutes.
- ☐ Transfer to a plate with a slotted spoon.
- ☐ Add bell pepper, garlic, ginger, red-pepper flakes, and scallion whites to wok and stir-fry until peppers are just tender, 5 to 6 minutes.
- ☐ Stir together broth, soy sauce, cornstarch, and sugar, then stir into vegetables in wok. Reduce heat and simmer, stirring occasionally, until thickened, 1 to 2 minutes. Stir in cashews, scallion greens, and chicken along with any juices accumulated on plate.

Nutrition Facts



Properties

Glycemic Index:56.52, Glycemic Load:1.57, Inflammation Score:-8, Nutrition Score:19.84304356575%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 358.14kcal (17.91%), Fat: 23.23g (35.74%), Saturated Fat: 4.4g (27.53%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 10.48g (3.81%), Sugar: 3.5g (3.89%), Cholesterol: 107.73mg (35.91%), Sodium: 896.69mg (38.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.73g (53.46%), Vitamin C: 40.28mg (48.82%), Selenium: 28.26µg (40.36%), Vitamin K: 42.26µg (40.24%), Vitamin B3: 7.83mg (39.13%), Vitamin B6: 0.7mg (35.05%), Phosphorus: 334.12mg (33.41%), Copper: 0.5mg (25.19%), Vitamin A: 1056.52IU (21.13%), Magnesium: 80.83mg (20.21%), Zinc: 2.91mg (19.37%), Vitamin B2: 0.29mg (17.32%), Vitamin B5: 1.72mg (17.19%), Manganese: 0.31mg (15.58%), Potassium: 533.4mg (15.24%), Iron: 2.51mg (13.97%), Vitamin B12: 0.77µg (12.83%), Vitamin E: 1.76mg (11.72%), Vitamin B1: 0.17mg (11.12%), Folate: 35.53µg (8.88%), Fiber: 1.55g (6.18%), Calcium: 34.46mg (3.45%)