



Chicken and Cashews

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup celery chopped
- 4 teaspoons cornstarch divided
- 2 tablespoons sherry dry
- 0.5 cup fat-skimmed beef broth fat-free
- 1 tablespoon ginger fresh grated peeled
- 2 garlic clove minced
- 0.5 cup spring onion chopped (3 green onions)
- 1 tablespoon honey

- 3 tablespoons soy sauce low-sodium divided
- 0.8 cup onion chopped
- 2 tablespoons oyster sauce
- 0.5 cup bell pepper red chopped
- 0.3 cup roasted cashews unsalted chopped
- 2 teaspoons sesame oil divided
- 1 pound chicken breast boneless skinless cut into bite-sized pieces

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Combine 1 tablespoon soy sauce, sherry, 2 teaspoons cornstarch, and chicken in a large bowl; toss well to coat.
- Combine remaining 2 tablespoons soy sauce, remaining 2 teaspoons cornstarch, broth, oyster sauce, and honey in a small bowl.
- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add chicken mixture to pan; saut 3 minutes.
- Remove from pan.
- Heat remaining 1 teaspoon oil in pan.
- Add onion, celery, and bell pepper to pan; saut 2 minutes.
- Add ginger and garlic; saut 1 minute. Return chicken mixture to pan; saut 1 minute. Stir in broth mixture. Bring to a boil; cook 1 minute, stirring constantly.
- Remove from heat.
- Sprinkle with green onions and cashews.
- Heat 1 tablespoon canola oil in a large saucepan over medium-high heat.
- Add 1/2 cup chopped onion and 2 teaspoons grated peeled fresh ginger to pan; saut 2 minutes. Stir in 1 cup water, 1/2 cup long-grain rice, and 1/4 teaspoon salt; bring to a boil.

Cover, reduce heat, and simmer 12 minutes or until liquid is absorbed.

Remove from heat; stir in 2 tablespoons chopped fresh cilantro.

Nutrition Facts

PROTEIN 42.51% **FAT 31.63%** **CARBS 25.86%**

Properties

Glycemic Index:58.82, Glycemic Load:3.56, Inflammation Score:-8, Nutrition Score:19.585217154544%

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 Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg, Quercetin: 7.55mg

Nutrients (% of daily need)

Calories: 264.64kcal (13.23%), Fat: 9.17g (14.11%), Saturated Fat: 1.76g (10.98%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 14.97g (5.44%), Sugar: 7.47g (8.3%), Cholesterol: 72.57mg (24.19%), Sodium: 941.96mg (40.95%), Alcohol: 0.77g (100%), Alcohol %: 0.37% (100%), Protein: 27.73g (55.46%), Vitamin B3: 12.74mg (63.68%), Selenium: 38.99µg (55.71%), Vitamin B6: 1.03mg (51.47%), Vitamin C: 30.75mg (37.28%), Phosphorus: 331.02mg (33.1%), Vitamin K: 34.13µg (32.51%), Potassium: 695.38mg (19.87%), Vitamin B5: 1.95mg (19.5%), Magnesium: 71.84mg (17.96%), Vitamin A: 799.21IU (15.98%), Copper: 0.29mg (14.32%), Manganese: 0.28mg (14.11%), Vitamin B2: 0.22mg (13.11%), Folate: 44.59µg (11.15%), Zinc: 1.45mg (9.69%), Vitamin B1: 0.13mg (8.97%), Iron: 1.59mg (8.85%), Fiber: 1.89g (7.56%), Vitamin B12: 0.32µg (5.34%), Vitamin E: 0.78mg (5.2%), Calcium: 43.42mg (4.34%)