



WHATSheATE



Chicken, Cashew, and Red Pepper Stir-Fry



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups julienne-cut bell pepper red (1 large)
- ☐ 2 tablespoons canola oil
- ☐ 0.5 cup cashew pieces unsalted coarsely chopped
- ☐ 1 pound chicken breast tenders cut lengthwise into thin strips
- ☐ 3.8 teaspoons cornstarch divided
- ☐ 2 teaspoons cooking sherry dry
- ☐ 0.5 teaspoon ginger fresh minced peeled
- ☐ 1 teaspoon garlic minced

- ☐ 3 tablespoons green onions thinly sliced
- ☐ 2 tablespoons soya sauce low-sodium divided
- ☐ 0.5 teaspoon pepper sauce hot (such as Tabasco)
- ☐ 1 teaspoon rice wine vinegar
- ☐ 0.8 teaspoon sugar

Equipment

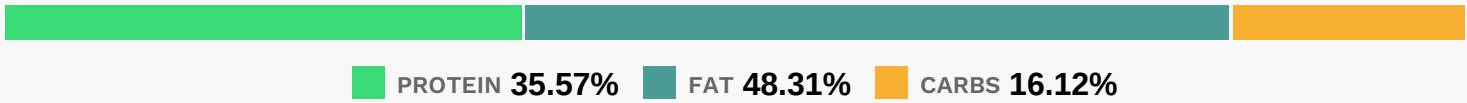
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine 1 teaspoon cornstarch, 1 tablespoon soy sauce, and next 4 ingredients (through hot pepper sauce) in a small bowl; stir with a whisk.
- ☐ Combine remaining 2 3/4 teaspoons cornstarch, remaining 1 tablespoon soy sauce, and chicken in a medium bowl; toss well to coat.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add cashews to pan; cook 3 minutes or until lightly toasted, stirring frequently.
- ☐ Remove from pan.
- ☐ Add oil to pan, swirling to coat.
- ☐ Add chicken mixture to pan; saut 2 minutes or until lightly browned.
- ☐ Remove chicken from pan; place in a bowl.
- ☐ Add bell pepper to pan; saut 2 minutes, stirring occasionally.
- ☐ Add garlic and ginger; cook 30 seconds.
- ☐ Add chicken and cornstarch mixture to pan; cook 1 minute or until sauce is slightly thick.
- ☐ Sprinkle with cashews and green onions.
- ☐ Quick rice pilaf: Cook 1 (10-ounce) package frozen white rice (such as Birds Eye Steam
- ☐ Fresh) according to package directions.

Combine cooked rice, 2 tablespoons drained chopped water chestnuts, 1/2 teaspoon crushed red pepper, 1/4 teaspoon salt, and 1/4 teaspoon freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:67.32, Glycemic Load:2.71, Inflammation Score:-9, Nutrition Score:25.613043194232%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 319.37kcal (15.97%), Fat: 17.27g (26.58%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 12.96g (4.32%), Net Carbohydrates: 10.65g (3.87%), Sugar: 5.02g (5.58%), Cholesterol: 72.57mg (24.19%), Sodium: 438.88mg (19.08%), Alcohol: 0.26g (100%), Alcohol %: 0.14% (100%), Protein: 28.62g (57.24%), Vitamin C: 98.27mg (119.11%), Vitamin B3: 12.85mg (64.27%), Vitamin B6: 1.16mg (58.03%), Selenium: 39.81µg (56.87%), Vitamin A: 2412.36IU (48.25%), Phosphorus: 370.1mg (37.01%), Magnesium: 92.57mg (23.14%), Vitamin K: 23.72µg (22.59%), Manganese: 0.43mg (21.32%), Potassium: 730.41mg (20.87%), Copper: 0.41mg (20.45%), Vitamin B5: 2.03mg (20.27%), Vitamin E: 2.82mg (18.81%), Vitamin B1: 0.19mg (12.57%), Zinc: 1.87mg (12.47%), Vitamin B2: 0.21mg (12.39%), Folate: 49.34µg (12.34%), Iron: 2.02mg (11.25%), Fiber: 2.31g (9.23%), Vitamin B12: 0.23µg (3.78%), Calcium: 24.27mg (2.43%)