



Chicken-Cashew Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper red (3 x)
- ☐ 0.5 cup carrots diagonally sliced
- ☐ 0.3 cup cashew pieces
- ☐ 6 cups rice long-grain hot cooked
- ☐ 1.5 tablespoons cornstarch
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 1 cup spring onion divided chopped

- ☐ 1.5 tablespoons honey
- ☐ 1 tablespoon soy sauce low-sodium
- ☐ 1 cup mushrooms sliced
- ☐ 2 tablespoons cooking oil divided
- ☐ 1 small onion cut into 8 wedges
- ☐ 3 tablespoons oyster sauce (such as Kame)
- ☐ 0.3 cup pineapple chunks canned drained
- ☐ 0.5 teaspoon salt
- ☐ 1 pound strips. cut into bite-size pieces
- ☐ 1 cup snow peas
- ☐ 2 teaspoons citrus champagne vinegar

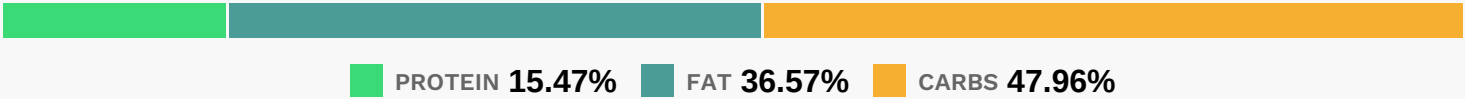
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Combine first 7 ingredients in a small bowl; set aside.
- ☐ Heat 1 tablespoon oil in a stir-fry pan or wok over medium-high heat.
- ☐ Add 1/2 cup green onions and onion wedges; stir-fry 1 minute.
- ☐ Add bell pepper and carrot; stir-fry 2 minutes.
- ☐ Add mushrooms and peas; stir-fry 2 minutes.
- ☐ Remove vegetable mixture from pan. Keep warm.
- ☐ Heat 1 tablespoon oil in pan over medium-high heat.
- ☐ Add chicken; stir-fry 5 minutes.
- ☐ Add broth mixture, vegetable mixture, pineapple, cashews, and crushed red pepper; bring to a boil, and cook 1 minute or until thick. Stir in 1/2 cup green onions.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:59.38, Glycemic Load:51.83, Inflammation Score:-9, Nutrition Score:23.174347867136%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 520.2kcal (26.01%), Fat: 21.14g (32.52%), Saturated Fat: 4.46g (27.88%), Carbohydrates: 62.38g (20.79%), Net Carbohydrates: 59.21g (21.53%), Sugar: 9.67g (10.75%), Cholesterol: 74.09mg (24.7%), Sodium: 689.81mg (29.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.12g (40.25%), Vitamin A: 3016.76IU (60.34%), Vitamin C: 47.56mg (57.64%), Manganese: 1.04mg (51.81%), Vitamin K: 48.86µg (46.53%), Selenium: 30.21µg (43.15%), Vitamin B6: 0.61mg (30.53%), Vitamin B3: 5.67mg (28.33%), Phosphorus: 282.32mg (28.23%), Copper: 0.43mg (21.48%), Vitamin B5: 1.98mg (19.81%), Magnesium: 72.72mg (18.18%), Zinc: 2.5mg (16.65%), Vitamin B2: 0.27mg (16.05%), Potassium: 529.56mg (15.13%), Vitamin B1: 0.2mg (13.6%), Iron: 2.31mg (12.81%), Fiber: 3.17g (12.66%), Folate: 48.07µg (12.02%), Vitamin E: 1.8mg (12.01%), Vitamin B12: 0.56µg (9.42%), Calcium: 59.08mg (5.91%)