



Chicken, Snow Pea and Cashew Fried Rice



Gluten Free



Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



511 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups rice white cooked
- ☐ 1 tablespoon ginger fresh finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 3 tablespoons roasted cashews chopped
- ☐ 3 spring onion finely chopped
- ☐ 1 pound chicken breast boneless skinless sliced thin
- ☐ 8 ounces snow peas trimmed

- ☐ 0.3 cup teriyaki sauce
- ☐ 3 tablespoons vegetable oil

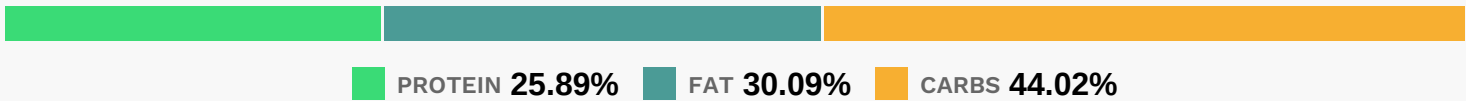
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Combine chicken and 2 Tbsp. teriyaki sauce in a bowl and set aside. Warm 1 1/2 Tbsp. vegetable oil in a wok or large nonstick skillet over high heat.
- ☐ Add chicken and cook, stirring, until no longer pink, 3 to 5 minutes.
- ☐ Transfer to a clean bowl.
- ☐ Add scallions, garlic, ginger and remaining vegetable oil to wok and cook, stirring, until fragrant, about 1 minute.
- ☐ Add snow peas and chicken broth, cover and cook until tender, 2 to 3 minutes. Stir in rice, chicken and remaining 2 Tbsp. teriyaki sauce and cook, stirring, until rice is heated through, 1 to 2 minutes.
- ☐ Sprinkle cashews on top and serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:48.14, Inflammation Score:-7, Nutrition Score:25.517391132272%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 510.57kcal (25.53%), Fat: 16.82g (25.87%), Saturated Fat: 2.97g (18.55%), Carbohydrates: 55.35g (18.45%), Net Carbohydrates: 52.73g (19.18%), Sugar: 5.48g (6.09%), Cholesterol: 72.57mg (24.19%), Sodium: 832.17mg (36.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.55g (65.11%), Selenium: 49.77µg (71.09%), Vitamin B3: 13.39mg (66.96%), Vitamin B6: 1.15mg (57.49%), Vitamin K: 54.05µg (51.48%), Manganese: 1mg (49.89%), Vitamin C: 37.63mg (45.61%), Phosphorus: 406.1mg (40.61%), Vitamin B5: 2.79mg (27.91%), Magnesium: 92.88mg (23.22%), Potassium: 716.02mg (20.46%), Copper: 0.37mg (18.45%), Iron: 2.81mg (15.61%), Vitamin A: 740.2IU (14.8%), Vitamin B1: 0.22mg (14.39%), Zinc: 2.04mg (13.58%), Vitamin B2: 0.22mg (12.86%), Folate: 44.98µg (11.24%), Fiber: 2.62g (10.47%), Vitamin E: 1.45mg (9.66%), Calcium: 63.32mg (6.33%), Vitamin B12: 0.24µg (4.03%)