



## Chicken with Cashews

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 tablespoons butter
- 0.5 cup cashew halves
- 1 teaspoon curry powder
- 1 bell pepper green sliced
- 1 onion chopped
- 1 bell pepper red thinly sliced
- 4 servings salt and pepper to taste
- 4 tablespoons sesame oil

- 4 chicken breast halves boneless skinless cut into strips
- 3 tablespoons vegetable oil

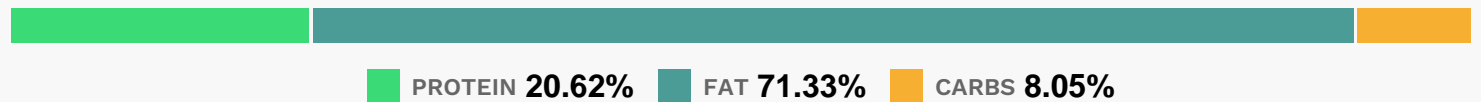
## Equipment

- frying pan
- slotted spoon

## Directions

- In a skillet over medium-high heat, mix butter or margarine and vegetable oil until hot.
- Add chicken and saute, stirring often, until the chicken turns white.
- Remove with a slotted spoon and set aside.
- In the same skillet, saute onion and peppers.
- Add the cooked chicken and the cashews and season with salt and pepper, curry powder and sesame oil.
- Saute for another 2 minutes and serve.

## Nutrition Facts



## Properties

Glycemic Index:37.3, Glycemic Load:2.13, Inflammation Score:-8, Nutrition Score:23.21782627313%

## Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

## Nutrients (% of daily need)

Calories: 533.51kcal (26.68%), Fat: 42.95g (66.08%), Saturated Fat: 10.89g (68.09%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 8.61g (3.13%), Sugar: 4.1g (4.56%), Cholesterol: 94.89mg (31.63%), Sodium: 397.76mg (17.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.93g (55.87%), Vitamin C: 65.53mg (79.43%), Vitamin B3: 12.44mg (62.22%), Selenium: 39.73µg (56.75%), Vitamin B6: 1.11mg (55.29%), Phosphorus: 358.85mg (35.88%), Vitamin K: 31.39µg (29.89%), Vitamin A: 1343.32IU (26.87%), Magnesium: 87.25mg (21.81%), Copper:

0.42mg (21.2%), Manganese: 0.41mg (20.54%), Potassium: 689.78mg (19.71%), Vitamin B5: 1.92mg (19.19%), Vitamin E: 2.33mg (15.53%), Vitamin B1: 0.19mg (12.53%), Zinc: 1.78mg (11.85%), Iron: 1.94mg (10.75%), Vitamin B2: 0.17mg (9.9%), Fiber: 2.3g (9.18%), Folate: 31.52µg (7.88%), Vitamin B12: 0.24µg (4.06%), Calcium: 28.03mg (2.8%)