



# Chicken With Veggies in Sour Cream Sauce

 Gluten Free

READY IN



16 min.

SERVINGS



4

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

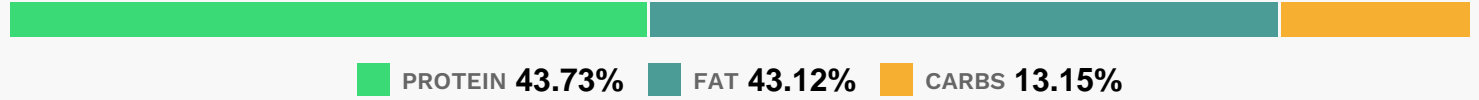
- 0.3 cup cashew pieces chopped
- 3 chicken breast boneless sliced into strips
- 0.5 cup chicken broth
- 1 tablespoon dijon mustard
- 2 teaspoons garlic minced
- 1 tablespoon honey
- 1 tablespoon olive oil
- 1 small bell pepper red cut into strips

1 cup snow peas

0.5 cup cream sour

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:42.87, Glycemic Load:3.19, Inflammation Score:-8, Nutrition Score:24.58347826087%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 363.03kcal (18.15%), Fat: 17.3g (26.62%), Saturated Fat: 5.01g (31.31%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 10.39g (3.78%), Sugar: 7.72g (8.58%), Cholesterol: 126.03mg (42.01%), Sodium: 358.99mg (15.61%), Protein: 39.48g (78.97%), Vitamin B3: 18.22mg (91.11%), Selenium: 58.75µg (83.92%), Vitamin B6: 1.43mg (71.52%), Vitamin C: 41.22mg (49.97%), Phosphorus: 451.14mg (45.11%), Vitamin B5: 2.85mg (28.5%), Potassium: 824.03mg (23.54%), Vitamin A: 1078.9IU (21.58%), Magnesium: 81.16mg (20.29%), Vitamin B2: 0.28mg (16.54%), Manganese: 0.3mg (15.05%), Vitamin B1: 0.21mg (14.09%), Copper: 0.26mg (13.2%), Vitamin K: 12.74µg (12.13%), Zinc: 1.73mg (11.53%), Iron: 1.92mg (10.68%), Vitamin E: 1.42mg (9.48%), Folate: 29.73µg (7.43%), Vitamin B12: 0.41µg (6.75%), Fiber: 1.49g (5.98%), Calcium: 58.93mg (5.89%), Vitamin D: 0.17µg (1.13%)