



Crockpot Cashew Chicken

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



637 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cups broccoli frozen cut into bite-size pieces
- 1 tablespoon brown sugar
- 1 cup carrots sliced
- 0.5 cup cashew pieces unsalted (works best so as not to oversalt the recipe)
- 2 chicken breast cut into smaller pieces
- 0.5 cup chicken broth
- 1 garlic clove minced
- 1 tablespoon ginger paste

- 3 tablespoons catsup
- 1 tablespoon olive oil
- 0.3 teaspoon pepper red
- 4 tablespoons rice vinegar
- 2 servings salt and pepper to taste
- 0.5 cup soya sauce

Equipment

- slow cooker

Directions

- Thanks for reading! This is my most popular recipe on my blog which you can find here: <http://sallycooks.com/2013/06/27/crockpot-cashew-chicken/> Happy cooking! I know you know how bad take-out Chinese food is for your waistline and your wallet. The good news is that it is easy to make your favorites at home, using less sodium and more fresh or frozen produce. In about the time it takes to order and pick up Chinese, you can make a healthier version of cashew chicken with this simple, throw it all in the crockpot recipe. I think if I were to make this again I would roast the cashews to crisp them up and add them before serving rather than cooking them alongside the chicken. I used frozen broccoli but fresh would be fine too. I served with a green salad but my Better-than-Takeout Chicken Fried Rice would be a great side, just leave out the chicken. What to do: layer chicken, cashews and vegetables in the crockpot combine remaining ingredients except water and pour over chicken in crockpot add water or broth if necessary so mixture is almost completely covered cook for 2-4 hours on high or 4-8 hours on low

Nutrition Facts



PROTEIN 39.21% **FAT 38.87%** **CARBS 21.92%**

Properties

Glycemic Index:99.52, Glycemic Load:5.35, Inflammation Score:-10, Nutrition Score:44.818261156911%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 636.61kcal (31.83%), Fat: 27.56g (42.4%), Saturated Fat: 4.85g (30.33%), Carbohydrates: 34.96g (11.65%), Net Carbohydrates: 30.31g (11.02%), Sugar: 17.58g (19.54%), Cholesterol: 145.82mg (48.6%), Sodium: 4189.73mg (182.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.53g (125.07%), Vitamin A: 11224.62IU (224.49%), Vitamin B3: 27.61mg (138.06%), Selenium: 81.25µg (116.08%), Vitamin B6: 2.17mg (108.52%), Phosphorus: 805.45mg (80.54%), Vitamin K: 69.96µg (66.62%), Vitamin C: 47.29mg (57.32%), Manganese: 1.14mg (57.08%), Magnesium: 198.18mg (49.54%), Copper: 0.94mg (46.87%), Potassium: 1609.27mg (45.98%), Vitamin B5: 4.18mg (41.79%), Vitamin B2: 0.5mg (29.26%), Iron: 5.17mg (28.7%), Vitamin B1: 0.41mg (27.15%), Zinc: 3.87mg (25.81%), Vitamin E: 2.94mg (19.61%), Fiber: 4.65g (18.6%), Folate: 69.62µg (17.41%), Calcium: 92.99mg (9.3%), Vitamin B12: 0.46µg (7.73%), Vitamin D: 0.23µg (1.51%)