



Curried Chicken and Cashews



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



784 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil divided
- ☐ 1 teaspoon madras curry powder
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 1.5 tablespoons fish sauce
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 tablespoon garlic minced
- ☐ 1.5 cups onion vertically sliced

- ☐ 3 small chiles dried red hot
- ☐ 1 teaspoon rice vinegar
- ☐ 0.3 cup dry-roasted cashews salted chopped
- ☐ 3 cups short-grain rice hot cooked
- ☐ 0.8 pound chicken breast halves boneless skinless
- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons water

Equipment

- ☐ bowl
- ☐ wok

Directions

- ☐ To prepare sauce, combine the first 5 ingredients; set aside.
- ☐ Cut chicken across grain into 1/4-inch slices; cut slices into 1/2-inch-wide strips.
- ☐ Cut strips into 3-inch-long pieces.
- ☐ Heat a 14-inch wok over high heat.
- ☐ Add 1 tablespoon oil to wok, swirling to coat.
- ☐ Add half of chicken to wok; stir-fry 2 minutes. Spoon cooked chicken into a bowl. Repeat procedure with 2 teaspoons oil and remaining chicken.
- ☐ Add remaining 1 teaspoon oil to wok, swirling to coat.
- ☐ Add onion, ginger, and garlic to wok; stir-fry 1 minute or until lightly browned.
- ☐ Add curry powder and chiles; stir-fry 30 seconds.
- ☐ Add sauce and chicken to wok; stir-fry 1 minute. Spoon into a serving dish.
- ☐ Sprinkle with cilantro and cashews.
- ☐ Serve over rice.

Nutrition Facts



 **PROTEIN 15.86%**  **FAT 16.58%**  **CARBS 67.56%**

Properties

Glycemic Index:77.77, Glycemic Load:96.08, Inflammation Score:-9, Nutrition Score:32.130434660808%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.92mg, Quercetin: 12.92mg, Quercetin: 12.92mg, Quercetin: 12.92mg

Nutrients (% of daily need)

Calories: 783.71kcal (39.19%), Fat: 14.17g (21.8%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 129.97g (43.32%), Net Carbohydrates: 124.11g (45.13%), Sugar: 4.47g (4.97%), Cholesterol: 54.43mg (18.14%), Sodium: 713.55mg (31.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.51g (61.02%), Folate: 372.88µg (93.22%), Manganese: 1.8mg (90.13%), Vitamin B3: 15.58mg (77.91%), Selenium: 52.62µg (75.17%), Vitamin B1: 0.96mg (63.71%), Vitamin B6: 1.06mg (52.76%), Iron: 7.62mg (42.32%), Phosphorus: 389.7mg (38.97%), Vitamin B5: 3.38mg (33.78%), Copper: 0.58mg (28.91%), Magnesium: 100.2mg (25.05%), Fiber: 5.86g (23.46%), Zinc: 2.8mg (18.69%), Potassium: 626.77mg (17.91%), Vitamin K: 13.45µg (12.81%), Vitamin B2: 0.21mg (12.31%), Vitamin E: 1.64mg (10.92%), Vitamin C: 6.74mg (8.17%), Vitamin A: 221.94IU (4.44%), Vitamin B12: 0.24µg (4.01%), Calcium: 37.84mg (3.78%)