



Curried chicken & cashew rice



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp curry paste
- ☐ 1 pepper flakes chopped
- ☐ 250 g basmati rice cooked
- ☐ 2 servings chicken cooked
- ☐ 1 handful peas frozen
- ☐ 50 g roasted cashews
- ☐ 1 tablespoon juice of lemon fresh

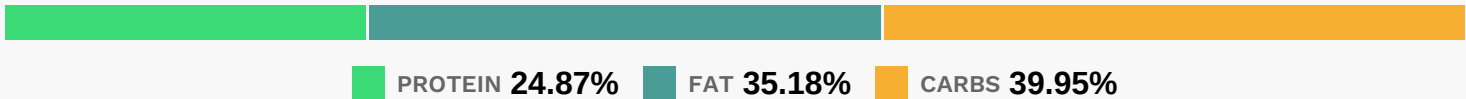
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Put curry paste in a wok or large frying pan and heat it up (if you like spicy food, add chopped chilli, too).
- ☐ Stir in basmati rice, the shredded cooked chicken or turkey, the frozen peas and the roasted cashews. Stir fry until piping hot, then season with a squeeze of fresh lemon juice.
- ☐ Serves 2.

Nutrition Facts



Properties

Glycemic Index:99.17, Glycemic Load:38.6, Inflammation Score:-8, Nutrition Score:20.129130467125%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 467.63kcal (23.38%), Fat: 18.25g (28.08%), Saturated Fat: 4.17g (26.06%), Carbohydrates: 46.63g (15.54%), Net Carbohydrates: 44.71g (16.26%), Sugar: 3.26g (3.62%), Cholesterol: 63.75mg (21.25%), Sodium: 71.26mg (3.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.03g (58.07%), Selenium: 33.34µg (47.63%), Vitamin C: 36.06mg (43.72%), Manganese: 0.86mg (42.8%), Vitamin B3: 7.85mg (39.23%), Copper: 0.72mg (36.04%), Phosphorus: 350.27mg (35.03%), Vitamin B6: 0.65mg (32.34%), Vitamin A: 1434.57IU (28.69%), Magnesium: 103.64mg (25.91%), Zinc: 3.37mg (22.49%), Iron: 3.22mg (17.88%), Vitamin B5: 1.67mg (16.74%), Potassium: 461.05mg (13.17%), Vitamin B2: 0.21mg (12.49%), Vitamin K: 11.95µg (11.38%), Vitamin B1: 0.15mg (9.8%), Folate: 32.25µg (8.06%), Fiber: 1.92g (7.66%), Calcium: 48.17mg (4.82%), Vitamin B12: 0.25µg (4.11%), Vitamin E: 0.45mg (2.98%)