



## Easy Cashew Chicken



Gluten Free



Dairy Free



Popular

READY IN



75 min.

SERVINGS



4

CALORIES



787 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 chicken breasts boneless skinless cut into 1-inch cubes
- ☐ 0.8 cup vegetable oil; peanut oil preferred
- ☐ 3 tablespoons chili powder
- ☐ 0.5 cup tamari sauce gluten-free (or soy sauce; use wheat-free tamari or soy sauce if you need to cook )
- ☐ 0.5 cup honey
- ☐ 2 cups cashew pieces raw
- ☐ 3 cups onions roughly chopped ( 2 medium large onions)
- ☐ 3 cups mushrooms roughly chopped

- ☐ 1 teaspoons ginger fresh minced
- ☐ 0.3 cup green onions chopped

## Equipment

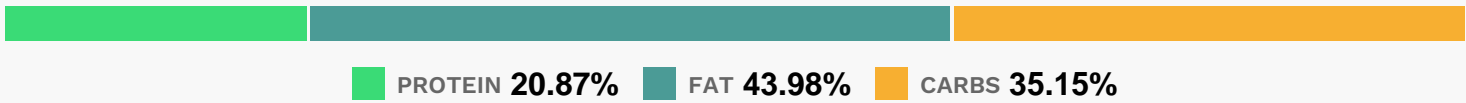
- ☐ bowl
- ☐ frying pan
- ☐ tongs

## Directions

- ☐ Place the cubed chicken in a medium bowl.
- ☐ Add the oil.
- ☐ Add the tamari until the marinade turns dark brown (about 2 tablespoons per breast).
- ☐ Sprinkle the chili powder over the chicken pieces while stirring, so that each piece of chicken gets well coated with the chili powder and marinade.
- ☐ Stir in the honey, about 2 tablespoons for each breast.
- ☐ Add chopped ginger if using. Marinate for 1/2 hour to several hours, the longer the better.
- ☐ Toast the cashews:
- ☐ Heat a skillet on medium high heat.
- ☐ Spread the cashews in a single layer over the bottom of the pan. Stir until lightly browned, remove from heat.
- ☐ Heat a large skillet on medium high heat. Working in batches if needed so you don't crowd the pan, use tongs to remove the chicken pieces from the marinade and place them in the pan, reserving the extra marinade.
- ☐ Sauté the chicken pieces until just cooked through, remove from the pan and set aside.
- ☐ Place any extra marinade back in the pan and simmer for several minutes (to kill any bacteria).
- ☐ Pour off all but 1 tablespoon of the marinade into a separate bowl and reserve.
- ☐ Sauté onions and mushrooms: In the same pan, sauté the onions on medium high to high heat for several minutes.

- ☐ Add mushrooms and continue to sauté until onions are translucent and mushrooms are cooked, several minutes more.
- ☐ Add some reserved marinade to the pan if necessary.
- ☐ Combine all the ingredients.
- ☐ Add the chicken and cashews back to the pan with the mushrooms and onions. Stir to combine.
- ☐ Serve: Stir in onion greens (if using) right before serving.
- ☐ Serve over rice. This will keep for about 5 days in the refrigerator, covered.

## Nutrition Facts



## Properties

Glycemic Index:49.62, Glycemic Load:25.89, Inflammation Score:-10, Nutrition Score:42.464782466059%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 25.03mg, Quercetin: 25.03mg, Quercetin: 25.03mg, Quercetin: 25.03mg

## Nutrients (% of daily need)

Calories: 787.15kcal (39.36%), Fat: 40.65g (62.54%), Saturated Fat: 7.15g (44.67%), Carbohydrates: 73.09g (24.36%), Net Carbohydrates: 65.62g (23.86%), Sugar: 46.19g (51.33%), Cholesterol: 72.32mg (24.11%), Sodium: 1868.32mg (81.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.39g (86.79%), Copper: 1.84mg (92.14%), Vitamin B3: 17.14mg (85.69%), Selenium: 58.13µg (83.04%), Manganese: 1.56mg (78.24%), Phosphorus: 776.38mg (77.64%), Vitamin B6: 1.53mg (76.63%), Magnesium: 259.05mg (64.76%), Vitamin K: 57.01µg (54.3%), Potassium: 1467.8mg (41.94%), Iron: 7.34mg (40.79%), Vitamin A: 1877.61IU (37.55%), Zinc: 5.46mg (36.43%), Vitamin B5: 3.59mg (35.9%), Vitamin B2: 0.59mg (34.94%), Vitamin B1: 0.49mg (32.96%), Fiber: 7.47g (29.86%), Vitamin E: 3.82mg (25.46%), Folate: 67.49µg (16.87%), Vitamin C: 13.52mg (16.39%), Calcium: 92mg (9.2%), Vitamin B12: 0.25µg (4.25%), Vitamin D: 0.26µg (1.71%)