



WHATSheATE



Honey Cashew Chicken



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cashew pieces unsalted
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 tablespoon ginger fresh grated
- ☐ 3 cloves garlic minced
- ☐ 1.5 teaspoons honey
- ☐ 6 tablespoons chicken broth low-sodium
- ☐ 1 medium onion thinly sliced

- ☐ 1 large bell pepper red seeded cut into strips
- ☐ 2 teaspoons sesame oil
- ☐ 1.3 pounds chicken breasts boneless skinless cut into 3/4-inch dice
- ☐ 2 cups snow peas trimmed
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons vegetable oil

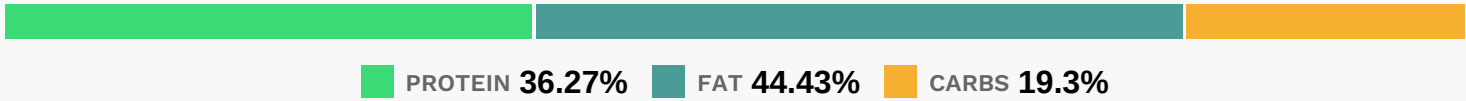
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a small bowl, whisk 1 Tbsp. water with cornstarch until smooth.
- ☐ Whisk in honey, soy sauce and broth.
- ☐ Warm oil in a large skillet over high heat.
- ☐ Add onion, garlic, ginger and crushed red pepper; cook for 30 seconds, stirring constantly.
- ☐ Add chicken and stir-fry until opaque, 5 to 6 minutes.
- ☐ Add snow peas, bell pepper and cashews and continue stir-frying for 1 to 2 minutes. Stir reserved sauce and pour it into skillet. Cook for 1 to 2 minutes longer, stirring constantly, until sauce is bubbling and has thickened.
- ☐ Drizzle with sesame oil and serve over rice, if desired.

Nutrition Facts



Properties

Glycemic Index:49.12, Glycemic Load:3.62, Inflammation Score:-9, Nutrition Score:30.110000172387%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 400.85kcal (20.04%), Fat: 20g (30.76%), Saturated Fat: 3.49g (21.8%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 16.15g (5.87%), Sugar: 8.21g (9.12%), Cholesterol: 90.72mg (30.24%), Sodium: 685.55mg (29.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.73g (73.46%), Vitamin C: 86.5mg (104.85%), Vitamin B3: 16.41mg (82.04%), Selenium: 49.62µg (70.89%), Vitamin B6: 1.42mg (70.82%), Phosphorus: 461.5mg (46.15%), Vitamin A: 1933.74IU (38.67%), Vitamin K: 33.23µg (31.65%), Manganese: 0.58mg (29.15%), Vitamin B5: 2.75mg (27.45%), Magnesium: 108.99mg (27.25%), Potassium: 916.57mg (26.19%), Copper: 0.49mg (24.37%), Vitamin B1: 0.28mg (18.54%), Iron: 3.23mg (17.95%), Vitamin B2: 0.26mg (15.26%), Zinc: 2.15mg (14.31%), Folate: 56.37µg (14.09%), Fiber: 3.4g (13.6%), Vitamin E: 1.94mg (12.97%), Calcium: 51.39mg (5.14%), Vitamin B12: 0.31µg (5.1%)