



Honey Cashew Chicken with Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups broccoli florets
- ☐ 1 tablespoon canola oil
- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 cup edamame green frozen shelled (soybeans)
- ☐ 2 garlic clove minced
- ☐ 3 tablespoons honey

- ☐ 1 cup rice instant
- ☐ 2 tablespoons soy sauce
- ☐ 1 bell pepper red sliced
- ☐ 1 tablespoon rice vinegar
- ☐ 0.5 cup roasted cashews unsalted
- ☐ 0.5 teaspoon salt
- ☐ 12 ounce chicken breast halves boneless skinless cut into 1-inch cubes
- ☐ 1 tablespoon sriracha such as huy fong) hot
- ☐ 1 medium onion yellow finely chopped

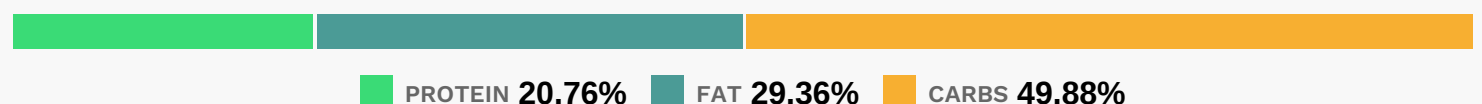
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ Combine chicken and next 3 ingredients in a bowl; toss to coat.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add canola and sesame oils.
- ☐ Add chicken mixture, and saut for 4 minutes or until lightly browned. Increase heat to high, and add broccoli and the next 4 ingredients (through red bell pepper). Cook 5 minutes or until vegetables are crisp-tender and chicken is done, stirring frequently. Stir in cashews.
- ☐ Combine vinegar and remaining ingredients in a small bowl; stir with a whisk.
- ☐ Add vinegar mixture to chicken mixture; toss to coat.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:79.11, Glycemic Load:30.72, Inflammation Score:-9, Nutrition Score:28.323478255583%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 576.77kcal (28.84%), Fat: 19.03g (29.27%), Saturated Fat: 2.98g (18.62%), Carbohydrates: 72.75g (24.25%), Net Carbohydrates: 67.63g (24.59%), Sugar: 18.13g (20.15%), Cholesterol: 54.43mg (18.14%), Sodium: 786.97mg (34.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.27g (60.55%), Vitamin C: 84.7mg (102.67%), Vitamin K: 57.62µg (54.88%), Selenium: 38.03µg (54.33%), Vitamin B3: 10.6mg (52.98%), Vitamin B6: 1mg (49.85%), Manganese: 0.93mg (46.59%), Phosphorus: 379.08mg (37.91%), Copper: 0.56mg (28.19%), Potassium: 928.95mg (26.54%), Magnesium: 101.04mg (25.26%), Vitamin A: 1247.77IU (24.96%), Vitamin B5: 2.33mg (23.3%), Fiber: 5.12g (20.47%), Iron: 3.49mg (19.39%), Folate: 70.61µg (17.65%), Zinc: 2.39mg (15.93%), Vitamin B2: 0.26mg (15.17%), Vitamin E: 1.9mg (12.68%), Vitamin B1: 0.19mg (12.65%), Calcium: 93.13mg (9.31%), Vitamin B12: 0.17µg (2.83%)