



Honeyed Mango and Chicken Saute with Toasted Cashews

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



994 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 medium garlic cloves thinly sliced
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon kosher salt
- ☐ 1 cup mangos roughly chopped
- ☐ 3 tablespoons vegetable oil; peanut oil preferred
- ☐ 2 cups rice long-grain
- ☐ 1 cup cashew pieces salted

- ☐ 2 tablespoons sesame oil toasted
- ☐ 6 chicken thighs boneless skinless cut into 1-inch cubes
- ☐ 2 tablespoons soya sauce
- ☐ 3.5 cups water
- ☐ 0.3 cup sesame seed white

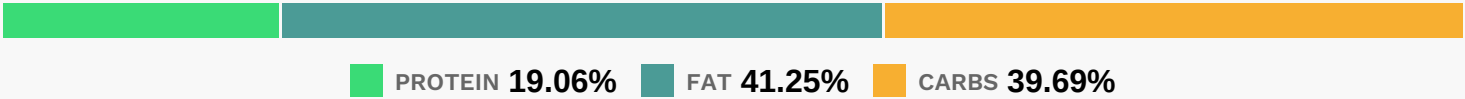
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ In a large bowl or re-sealable plastic bag, mix together 2 tablespoons of the oil, the soy sauce, and the honey until well combined.
- ☐ Add chicken and toss to coat well.
- ☐ Place in refrigerator to marinate at least 30 minutes and up to 2 hours.
- ☐ Meanwhile, heat a large frying pan over medium heat and add nuts. Toast nuts, shaking pan a few times, until nice toasted, about 2 minutes. Set aside to cool. (Can be made up to 3 days in advance.)
- ☐ When chicken is ready, heat remaining 1 tablespoon oil in a large frying pan over medium heat.
- ☐ Add garlic and onion and cook until soft, about 2 minutes.
- ☐ Add chicken and marinade juices and cook, stirring occasionally, until chicken is browned on all sides and cooked through, about 6 minutes. Stir in mango and cashews and cook until heated through, about 1 minute. Taste and adjust seasoning, as necessary.
- ☐ Serve immediately over Sesame Rice.
- ☐ Bring water to a boil.
- ☐ Add rice and salt and stir to combine. Reduce heat to low, cover, and simmer until rice is tender and water is absorbed, about 10 minutes.
- ☐ Remove from heat and let stand, covered, to finish cooking, about 5 minutes. Stir in oil and sesame seeds and serve.

Nutrition Facts



Properties

Glycemic Index:61.3, Glycemic Load:50.29, Inflammation Score:-8, Nutrition Score:35.013912947282%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 993.81kcal (49.69%), Fat: 45.79g (70.44%), Saturated Fat: 8.51g (53.19%), Carbohydrates: 99.11g (33.04%), Net Carbohydrates: 94.98g (34.54%), Sugar: 11.99g (13.32%), Cholesterol: 161.02mg (53.67%), Sodium: 2633.92mg (114.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.59g (95.18%), Selenium: 60.19µg (85.99%), Manganese: 1.66mg (83.21%), Copper: 1.54mg (77.12%), Phosphorus: 671.26mg (67.13%), Vitamin B3: 12.5mg (62.52%), Vitamin B6: 1.16mg (58.2%), Magnesium: 194.57mg (48.64%), Zinc: 6.37mg (42.46%), Vitamin B5: 3.53mg (35.26%), Iron: 5.87mg (32.63%), Vitamin B2: 0.47mg (27.7%), Vitamin B1: 0.38mg (25.42%), Potassium: 859.53mg (24.56%), Vitamin E: 2.86mg (19.1%), Vitamin C: 15.74mg (19.08%), Vitamin K: 19.69µg (18.75%), Vitamin B12: 1.08µg (18.08%), Folate: 66.44µg (16.61%), Calcium: 165.99mg (16.6%), Fiber: 4.13g (16.5%), Vitamin A: 488.05IU (9.76%)