



How to Make Cashew Chicken



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



394 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 tablespoon brown sugar packed



0.3 cup cilantro leaves chopped



1 tablespoon cornstarch



6 slices ginger root fresh thin



2 cloves garlic sliced



1 pinch salt and ground pepper black to taste



1 juice of lemon juiced



1 tablespoon catsup

- ☐ 2 teaspoons asian chile pepper sauce such as sambal oelek
- ☐ 1 chile pepper fresh red hot sliced
- ☐ 1.5 tablespoons rice vinegar
- ☐ 0.5 cup dry-roasted cashews
- ☐ 1 tablespoon soya sauce to taste
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water cold

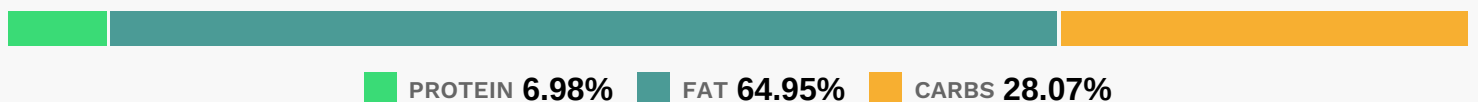
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Season chicken cubes with salt and black pepper.
- ☐ Mix cornstarch and water in a bowl until smooth; whisk in lemon juice, rice vinegar, ketchup, soy sauce, brown sugar, and chile pepper sauce into cornstarch mixture, stirring until brown sugar has dissolved and cornstarch is free of lumps.
- ☐ Place a heavy skillet over medium-high heat; pour in vegetable oil.
- ☐ Add slices of red chili and ginger to the hot oil. Cook, stirring often, until oil is flavored, about 2 minutes. Stir in cashews and garlic; cook until cashews are lightly golden brown, about 2 minutes more.
- ☐ Lightly toss seasoned chicken cubes with cashew mixture in skillet until combined, about 30 seconds. Turn heat down to medium-low and pour cornstarch mixture into skillet. Stir constantly until sauce has thickened, about 30 seconds. If too thick, add a splash of water. Simmer 2 more minutes to heat the chicken through. Adjust levels of salt, black pepper, soy sauce, and chile pepper sauce to taste. Stir in cilantro just until wilted, about 15 seconds.

Nutrition Facts



Properties

Glycemic Index:132, Glycemic Load:1.4, Inflammation Score:-7, Nutrition Score:15.184347888698%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 394.15kcal (19.71%), Fat: 29.74g (45.75%), Saturated Fat: 5.25g (32.8%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 27.05g (9.84%), Sugar: 11.28g (12.53%), Cholesterol: 0mg (0%), Sodium: 586.33mg (25.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.39%), Vitamin C: 47.41mg (57.46%), Vitamin K: 47.31µg (45.06%), Copper: 0.86mg (42.97%), Magnesium: 106.16mg (26.54%), Manganese: 0.48mg (23.99%), Phosphorus: 203.41mg (20.34%), Vitamin B6: 0.32mg (15.8%), Iron: 2.79mg (15.48%), Zinc: 2.13mg (14.17%), Vitamin E: 1.82mg (12.12%), Potassium: 394.02mg (11.26%), Folate: 37.31µg (9.33%), Vitamin A: 436.68IU (8.73%), Vitamin B2: 0.13mg (7.6%), Fiber: 1.87g (7.47%), Selenium: 5.02µg (7.17%), Vitamin B1: 0.11mg (7.13%), Vitamin B3: 1.39mg (6.97%), Vitamin B5: 0.58mg (5.79%), Calcium: 38.59mg (3.86%)