



Skinny Cashew Chicken and Broccoli

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli florets fresh
- 2 teaspoons canola oil
- 0.3 cup cashew pieces salted
- 3 cups brown rice hot cooked
- 1 tablespoon cornstarch
- 1 teaspoon ginger finely chopped
- 2 tablespoons spring onion sliced
- 1 cup chicken broth reduced-sodium (from 32-oz carton)

- 3 tablespoons soy sauce reduced-sodium
- 0.1 teaspoon pepper red crushed
- 2 teaspoons rice vinegar
- 1 lb chicken breast boneless skinless cut into 1-inch pieces
- 1 teaspoon sugar
- 2 cups sugar snap peas frozen (from 24-oz bag)

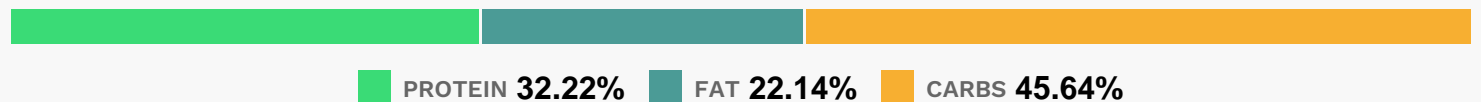
Equipment

- bowl
- frying pan

Directions

- In 12-inch nonstick skillet, heat oil over medium-high heat.
- Add chicken and gingerroot; cook and stir 4 to 5 minutes or until chicken begins to brown.
- Add broccoli, 1/2 cup of the broth and the pepper flakes. Cover; cook over medium heat 2 minutes, stirring once.
- Add peas; cook 2 to 4 minutes longer, stirring once, until vegetables are crisp-tender.
- In small bowl, mix remaining 1/2 cup broth, the soy sauce, vinegar, cornstarch and sugar; stir into chicken mixture.
- Add onions; cook, stirring frequently, until sauce is thickened and bubbly.
- Serve over rice; sprinkle with cashews.

Nutrition Facts



Properties

Glycemic Index:69.12, Glycemic Load:18.46, Inflammation Score:-8, Nutrition Score:33.519565302393%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin:

0.03mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 421.13kcal (21.06%), Fat: 10.37g (15.95%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 48.08g (16.03%), Net Carbohydrates: 42.51g (15.46%), Sugar: 4.43g (4.92%), Cholesterol: 72.57mg (24.19%), Sodium: 602.46mg (26.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.94g (67.87%), Manganese: 2.03mg (101.51%), Vitamin C: 71.98mg (87.24%), Vitamin B3: 15.41mg (77.07%), Vitamin K: 69.34µg (66.04%), Vitamin B6: 1.29mg (64.4%), Selenium: 39.54µg (56.49%), Phosphorus: 494.01mg (49.4%), Magnesium: 148.55mg (37.14%), Vitamin B5: 2.93mg (29.29%), Potassium: 934.79mg (26.71%), Vitamin B1: 0.37mg (24.56%), Fiber: 5.57g (22.27%), Copper: 0.43mg (21.42%), Iron: 3.44mg (19.11%), Vitamin A: 898.56IU (17.97%), Folate: 68.92µg (17.23%), Zinc: 2.52mg (16.81%), Vitamin B2: 0.28mg (16.35%), Vitamin E: 1.27mg (8.5%), Calcium: 74.34mg (7.43%), Vitamin B12: 0.29µg (4.76%)