



Springfield Cashew Chicken

 Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cashew pieces
- 6 chicken bouillon cubes
- 5 tablespoons cornstarch
- 1 eggs
- 1.5 cups flour all-purpose
- 1 cup green onions chopped
- 8 servings ground pepper white to taste
- 2 tablespoons oyster sauce

- 0.5 quart vegetable oil; peanut oil preferred for frying
- 3 pounds chicken breast halves boneless skinless cut into 1-inch cubes
- 0.5 quart vegetable oil for frying
- 3 cups water

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- slotted spoon

Directions

- Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- Preheat the oven to 200 degrees F (95 degrees C).
- Beat egg and 2 tablespoons water in a bowl.
- Measure flour into a separate bowl.
- Dip chicken cubes in egg mixture; remove.
- Roll chicken in flour until completely coated.
- Carefully place small batches of coated chicken into hot oil using a slotted spoon. Fry until chicken is golden brown and center is no longer pink, 6 to 8 minutes.
- Remove with a slotted spoon.
- Arrange cooked chicken on a baking sheet and place in preheated oven to keep warm while continuing to fry remaining chicken.
- Whisk 3 cups water, cornstarch, chicken bouillon cubes, oyster sauce, and white pepper together in a saucepan; simmer over medium heat until thickened, about 5 minutes.
- Pour sauce over cooked chicken to serve.
- Sprinkle cashews and green onions over each serving.

Nutrition Facts

PROTEIN 27.73% FAT 52.57% CARBS 19.7%

Properties

Glycemic Index:16.52, Glycemic Load:14.22, Inflammation Score:-7, Nutrition Score:28.115652504175%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 624.68kcal (31.23%), Fat: 36.38g (55.98%), Saturated Fat: 6.35g (39.71%), Carbohydrates: 30.68g (10.23%), Net Carbohydrates: 28.6g (10.4%), Sugar: 1.85g (2.05%), Cholesterol: 129.71mg (43.24%), Sodium: 1053.61mg (45.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.17g (86.35%), Selenium: 68.59µg (97.98%), Vitamin B3: 19.51mg (97.55%), Vitamin B6: 1.37mg (68.71%), Vitamin K: 53.64µg (51.08%), Phosphorus: 503.79mg (50.38%), Manganese: 0.57mg (28.47%), Vitamin B5: 2.78mg (27.78%), Magnesium: 104.32mg (26.08%), Vitamin B1: 0.37mg (24.93%), Copper: 0.49mg (24.47%), Potassium: 816.26mg (23.32%), Vitamin E: 3.45mg (22.98%), Vitamin B2: 0.35mg (20.67%), Iron: 3.43mg (19.05%), Folate: 66.15µg (16.54%), Zinc: 2.24mg (14.97%), Fiber: 2.07g (8.29%), Vitamin B12: 0.42µg (6.94%), Vitamin C: 4.93mg (5.97%), Calcium: 45.18mg (4.52%), Vitamin A: 205.41IU (4.11%), Vitamin D: 0.28µg (1.87%)