



Springfield Style Cashew Chicken I



Dairy Free



Popular

READY IN



35 min.

SERVINGS



6

CALORIES



680 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 2 cups cashew halves
- ☐ 2 cups chicken broth
- ☐ 5 tablespoons cornstarch divided
- ☐ 3 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons green onion chopped for topping
- ☐ 1 teaspoon ground pepper white

- ☐ 2 tablespoons oyster sauce
- ☐ 2 cups vegetable oil; peanut oil preferred for frying
- ☐ 4 chicken breasts boneless skinless
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Cut the chicken breasts into 1 inch pieces. In a shallow dish or bowl, mix together the flour, baking soda and 1 tablespoon of the cornstarch. In another dish or bowl beat the eggs. Dip chicken pieces into flour mixture, then eggs, then flour mixture again.
- ☐ Heat peanut oil in a large skillet and deep fry coated chicken in hot oil for 3 to 4 minutes.
- ☐ Drain on paper towels.
- ☐ Meanwhile (while frying chicken), heat broth to boiling in a medium saucepan.
- ☐ Add oyster sauce, sugar, soy sauce and white pepper.
- ☐ Mix remaining 4 tablespoons cornstarch with a small amount of cold water in a cup. Stir cornstarch mixture slowly into broth mixture to thicken, then cook for another 5 minutes over medium-low heat.
- ☐ Preheat oven to 200 degrees F (95 degrees C).
- ☐ Heat cashew nuts and chopped green onions in preheated oven for about 5 minutes.
- ☐ Pour sauce over fried chicken and top with cashews and green onion.
- ☐ Serve with soy sauce to taste over a bed of fried rice, if desired.

Nutrition Facts



 **PROTEIN 18.7%**  **FAT 49.53%**  **CARBS 31.77%**

Properties

Glycemic Index:36.22, Glycemic Load:27.39, Inflammation Score:-7, Nutrition Score:27.565217209899%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 680.18kcal (34.01%), Fat: 37.91g (58.33%), Saturated Fat: 6.98g (43.61%), Carbohydrates: 54.72g (18.24%), Net Carbohydrates: 51.91g (18.88%), Sugar: 5.22g (5.8%), Cholesterol: 131.62mg (43.87%), Sodium: 1279.95mg (55.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.21g (64.41%), Selenium: 54.39µg (77.7%), Vitamin B3: 11.3mg (56.49%), Manganese: 1.1mg (55.18%), Copper: 1.08mg (53.84%), Phosphorus: 516.2mg (51.62%), Vitamin B6: 0.81mg (40.69%), Magnesium: 161.28mg (40.32%), Vitamin B1: 0.59mg (39.18%), Iron: 5.79mg (32.18%), Vitamin B2: 0.47mg (27.75%), Folate: 103.65µg (25.91%), Zinc: 3.6mg (24.01%), Vitamin E: 3.09mg (20.6%), Vitamin B5: 2mg (19.97%), Potassium: 673.54mg (19.24%), Vitamin K: 19.25µg (18.33%), Fiber: 2.81g (11.24%), Vitamin B12: 0.39µg (6.45%), Calcium: 46.98mg (4.7%), Vitamin D: 0.52µg (3.44%), Vitamin A: 162.91IU (3.26%), Vitamin C: 1.57mg (1.9%)