



WHATSheATE

Szechwan Chicken



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cashew pieces whole
- ☐ 2 tablespoons cornstarch
- ☐ 0.8 teaspoon pepper red crushed
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 large bell pepper green sliced
- ☐ 0.8 teaspoon ground ginger
- ☐ 1 large onion quartered
- ☐ 0.5 cup cooking sherry

- ☐ 2 pounds chicken breasts boneless skinless cut into bite-size pieces
- ☐ 0.5 cup soya sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 0.8 teaspoon sugar white

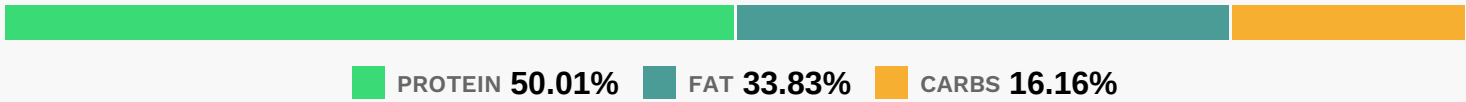
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Whisk together the soy sauce, sherry, sugar, ginger, cornstarch, crushed red pepper, and garlic powder in a large glass or ceramic bowl.
- ☐ Add the chicken and toss to evenly coat. Cover the bowl with plastic wrap, and marinate in the refrigerator for 1 to 2 hours.
- ☐ Heat the vegetable oil in a skillet over medium heat. Stir in the bell pepper and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- ☐ Place onion and bell pepper on a plate and set aside. Reduce heat to medium-low, stir chicken and marinade into the same skillet. Cook the chicken breasts until no longer pink in the center and the juices run clear, about 15 minutes. Stir in cashews and cook for 1 to 2 minutes. Stir in the onion and bell pepper, cooking until heated through.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:1.9, Inflammation Score:-6, Nutrition Score:21.448260856711%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin:

0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 309.77kcal (15.49%), Fat: 11.04g (16.98%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 11.86g (3.95%), Net Carbohydrates: 10.29g (3.74%), Sugar: 3.4g (3.78%), Cholesterol: 96.77mg (32.26%), Sodium: 1264.02mg (54.96%), Alcohol: 2.06g (100%), Alcohol %: 1% (100%), Protein: 36.72g (73.44%), Vitamin B3: 16.88mg (84.42%), Selenium: 51.15µg (73.07%), Vitamin B6: 1.33mg (66.41%), Phosphorus: 425.26mg (42.53%), Vitamin C: 25.7mg (31.15%), Vitamin B5: 2.39mg (23.92%), Manganese: 0.48mg (23.87%), Potassium: 781.15mg (22.32%), Magnesium: 86.85mg (21.71%), Copper: 0.34mg (16.89%), Vitamin B1: 0.18mg (12.24%), Vitamin B2: 0.21mg (12.2%), Iron: 2.06mg (11.43%), Zinc: 1.71mg (11.42%), Vitamin K: 10.61µg (10.1%), Fiber: 1.57g (6.27%), Vitamin E: 0.77mg (5.15%), Vitamin B12: 0.3µg (5.04%), Folate: 20.12µg (5.03%), Vitamin A: 221.19IU (4.42%), Calcium: 27.05mg (2.71%), Vitamin D: 0.15µg (1.01%)