



## Thai Chicken with Cashew Nuts



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 ounces cashew nuts raw
- ☐ 2 chile peppers fresh hot seeded chopped
- ☐ 5 tablespoons fish sauce
- ☐ 1 bunch green onions chopped
- ☐ 5 tablespoons soya sauce light
- ☐ 4 servings salt and pepper to taste
- ☐ 2 tablespoons sesame oil
- ☐ 1.1 pounds chicken breasts boneless skinless cut into cubes

☐ 1 tablespoon sugar white

Equipment

☐ bowl

☐ wok

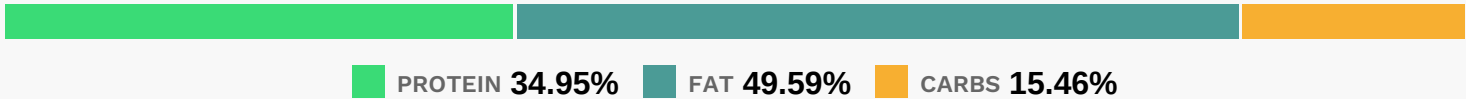
Directions

☐ Heat sesame oil in a wok, and add cashews. Once brown, transfer cashews to a bowl. Set aside.

☐ Add chile peppers to wok, and sir fry for 20 seconds. Stir in chicken, and season with pepper and salt to taste. Cook chicken until no longer pink. Stir in soy sauce, fish sauce, and sugar. Simmer for 5 minutes, or until chicken is cooked through.

☐ Stir in cashews and green onions, and stir fry for 2 minutes.

Nutrition Facts



Properties

Glycemic Index:46.82, Glycemic Load:5.01, Inflammation Score:-7, Nutrition Score:25.763478263565%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 407.93kcal (20.4%), Fat: 22.88g (35.2%), Saturated Fat: 3.94g (24.61%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 14.43g (5.25%), Sugar: 7.2g (8%), Cholesterol: 81.65mg (27.22%), Sodium: 3371.29mg (146.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.28g (72.57%), Vitamin B3: 15.33mg (76.64%), Selenium: 48.86µg (69.8%), Vitamin B6: 1.33mg (66.27%), Phosphorus: 478.74mg (47.87%), Vitamin C: 35.25mg (42.72%), Magnesium: 170.7mg (42.68%), Copper: 0.73mg (36.64%), Manganese: 0.71mg (35.27%), Vitamin K: 26.44µg (25.19%), Potassium: 860.74mg (24.59%), Vitamin B5: 2.22mg (22.24%), Iron: 3.4mg (18.89%), Zinc: 2.6mg (17.35%), Vitamin B1: 0.24mg (15.8%), Vitamin B2: 0.22mg (12.69%), Folate: 36.73µg (9.18%), Fiber: 1.61g (6.44%), Vitamin A: 314.99IU (6.3%), Vitamin B12: 0.36µg (6.05%), Vitamin E: 0.78mg (5.23%), Calcium: 38.66mg (3.87%)