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## Easy Cashew Chicken ♦♦

Easy Cashew Chicken is a delicious and flavorful dish that combines tender chicken, crunchy cashews, and a savory sauce. It is a popular Chinese-American dish that is often served with steamed rice or noodles. This recipe is perfect for a quick and easy weeknight dinner.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	chicken breast
<b>100 g</b>	Cashews
<b>4 tbsp</b>	soy sauce
<b>2 tbsp</b>	oyster sauce
<b>2 tbsp</b>	hoisin sauce

<b>3 cloves</b>	garlic
<b>1 tsp</b>	Ginger
<b>2 tbsp</b>	vegetable oil
<b>3 stalks</b>	Green Onions
<b>1 tbsp</b>	cornstarch
<b>3 tbsp</b>	water

## Directions

### Step 1

#### Mixing

In a small bowl, mix together soy sauce, oyster sauce, hoisin sauce, minced garlic, minced ginger, and water. Set aside.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Stove

Cut the chicken breast into bite-sized pieces. In a large skillet or wok, heat vegetable oil over medium-high heat. Add the chicken and cook until browned and cooked through, about 5-7 minutes.

**Prep Time:** 5 mins

**Cook Time:** 7 mins

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### Step 3

Stove

Add the sauce mixture to the skillet with the cooked chicken. Stir well to coat the chicken evenly. Cook for an additional 2-3 minutes, until the sauce thickens.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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### Step 4

Stove

Add the cashews and sliced green onions to the skillet. Stir well to combine. Cook for an additional 1-2 minutes, until the cashews are heated through.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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### Step 5

Serving

Serve the Easy Cashew Chicken hot with steamed rice or noodles. Enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 30 g

Carbohydrates: 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Cuisines

Chinese Mexican

### Course

Salads

### Cultural

Chinese New Year Easter

### Demographics

Kids Friendly Teen Friendly Lactation Friendly Allergy Friendly

Heart Healthy

### Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet Vegan Diet Pescatarian Diet Lacto-Ovo Vegetarian Diet

Anti-Inflammatory Diet Low Sodium Diet The Fast Metabolism Diet

Nutrient Timing Diet The Hollywood Diet

### Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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