

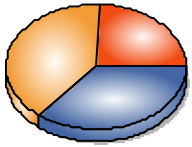


Chinese Chicken with Broccoli and Cashews

By: Modified by Dr. Jez from Dr Walford

Recipe grams: 2451.58g/86.5oz

Serves 6 408.60g/14.4oz per serving



Protein: 39%
 Carbohydrates: 38%
 Fat: 20%
 Alcohol: 3%

INGREDIENTS

3 breast CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY
 3 tbsp SOY SAUCE, LOW SALT (SHOYU)
 0.38 cup WINE, WHITE TABLE
 1 1/2 tbsp CORNSTARCH
 3 tbsp HONEY, STRAINED OR EXTRACTED
 3 tbsp Rice Vinegar
 12 medium ONION, SPRING OR SCALLIONS, RAW
 3 clove GARLIC, RAW
 3 tsp GINGER ROOT, RAW
 6 cups BROCCOLI FLOWER CLUSTERS, RAW
 3 cup MUNG BEAN, SPROUTED, RAW
 1 1/2 cup WATER CHESTNUT, CHINESE, CANNED
 2 cans BAMBOO SHOOTS, CANNED
 0.38 cup CASHEW, DRY ROASTED W/SALT

DIRECTIONS

Shred or cut chicken into cubes. combine soy sauce, wine honey, Vinegar and cornstarc to make a slurry.

Chop scallions, garlic and ginger.

In a large pot or wok, spray with olive oil cooking spray. Add chopped onions, garlic and ginger and cook until fragrant, about 1 minute. Add broccoli and stir fry until bright green. Add remaining vegetables and mix.

If pan becomes dry and hot, add a small amount of water and "steam-fry".

Push vegetables to the side and remove from heat. Add slurry and return to heat. Stir until it begins to thicken and mix in the vegetables.

Stir in cashews.

Options: Serve over bean sprouts for a crunchy texture or add sprouts to mixture and heat.

Nutrition Facts

Serving Size: 1 serving (408.6g)
 Servings: 1

Amount Per Serving

Calories 340 Calories from Fat 70

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 460mg **20%**

Total Carbohydrate 34g **10%**

Dietary Fiber 4g **15%**

Sugars 17g

Protein 35g

Vitamin A 50% • Vitamin C 130%

Calcium 10% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.