

# Crock Pot Cashew Chicken

Yield: 5 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-cashew-chicken-recipe-crockpot>

## Ingredients:

- 2 pounds boneless skinless chicken breasts About 4 pieces
- 1/4 cup all purpose flour
- 1/2 teaspoon black pepper
- 1 tablespoon canola oil
- 1/2 cup soy sauce
- 1/4 cup rice wine vinegar
- 1/4 cup ketchup
- 2 tablespoons brown sugar
- 2 cloves garlic minced
- 1 teaspoon fresh ginger grated
- teaspoon red pepper flakes depending on how much heat you want
- 1/2 cup cashews
- green onion diced, optional garnish
- cooked rice to serve over

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 115 milligrams
4. Fat: 19 grams
5. Fiber: 2 grams
6. Protein: 45 grams
7. SaturatedFat: 4 grams
8. Sodium: 1790 milligrams
9. Sugar: 9 grams

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