

Cashew Chicken Stir Fry

Yield: 6 min
Total Time: 40 min

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

Ingredients:

- 2 tablespoons cornstarch
- 2/3 cup chicken broth
- 3 tablespoons soy sauce
- 1/2 teaspoon ground ginger or fresh
- 2 tablespoons vegetable oil
- 3 skinless boneless chicken breasts cubed
- 1/2 chopped carrots
- 1 cup broccoli spears
- 8 ounces water chestnuts sliced, drained
- 2/3 cup cashews
- 2 cups cooked rice

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 65 milligrams
4. Fat: 19 grams
5. Fiber: 1 grams
6. Protein: 28 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 590 milligrams
9. Sugar: 2 grams

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