



## Addictive Sesame Chicken

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



928 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 teaspoon canola oil
- 1 cup chicken broth
- 1 teaspoon chile paste red thai kitchen® (such as )
- 0.3 cup cornstarch
- 1 tablespoon cooking sherry dry
- 2 tablespoons flour all-purpose

- 1 clove garlic minced
- 2 tablespoons sesame oil
- 2 tablespoons sesame seed toasted
- 20 ounce chicken breast halves boneless skinless cut into 1-inch cubes
- 2 tablespoons soya sauce
- 1 quart vegetable oil for frying
- 0.5 cup water
- 0.3 cup distilled vinegar white
- 1 cup sugar white

## Equipment

- bowl
- paper towels
- sauce pan

## Directions

- Combine the 2 tablespoons soy sauce, the dry sherry, dash of sesame oil, flour, 2 tablespoons cornstarch, 2 tablespoons water, baking powder, baking soda, and canola oil in a large bowl.
- Mix well; stir in the chicken. Cover and refrigerate for 20 minutes.
- Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- Combine the 1/2 cup water, chicken broth, vinegar, 1/4 cup cornstarch, sugar, 2 tablespoons soy sauce, 2 tablespoons sesame oil, red chili paste, and garlic in a small saucepan. Bring to a boil, stirring constantly. Turn heat to low and keep warm, stirring occasionally.
- Fry the marinated chicken in batches until cooked through and golden brown, 3 to 5 minutes.
- Drain on paper towels.
- Transfer the chicken to a large platter, top with sauce, and sprinkle with sesame seeds.

## Nutrition Facts

**PROTEIN 14%** **FAT 59.21%** **CARBS 26.79%**

## Properties

Glycemic Index:95.52, Glycemic Load:37.35, Inflammation Score:-6, Nutrition Score:21.641739093739%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 927.57kcal (46.38%), Fat: 61.32g (94.33%), Saturated Fat: 9.38g (58.64%), Carbohydrates: 62.44g (20.81%), Net Carbohydrates: 61.7g (22.44%), Sugar: 50.49g (56.1%), Cholesterol: 91.89mg (30.63%), Sodium: 984.13mg (42.79%), Alcohol: 0.39g (100%), Alcohol %: 0.09% (100%), Protein: 32.61g (65.23%), Vitamin K: 89.02µg (84.78%), Vitamin B3: 15.7mg (78.5%), Selenium: 49.04µg (70.06%), Vitamin B6: 1.13mg (56.31%), Phosphorus: 350.56mg (35.06%), Vitamin E: 4.45mg (29.68%), Vitamin B5: 2.08mg (20.84%), Potassium: 588.76mg (16.82%), Magnesium: 57.38mg (14.35%), Vitamin B2: 0.23mg (13.54%), Manganese: 0.25mg (12.46%), Copper: 0.25mg (12.26%), Vitamin B1: 0.17mg (11.48%), Iron: 1.67mg (9.29%), Zinc: 1.27mg (8.45%), Calcium: 69.94mg (6.99%), Vitamin B12: 0.3µg (4.92%), Folate: 18.22µg (4.55%), Fiber: 0.74g (2.96%), Vitamin C: 2.13mg (2.59%)