

Baked Sesame Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter melted
- 2 tablespoons flour all-purpose
- 1 pinch pepper black
- 0.3 teaspoon salt
- 0.3 cup sesame seed toasted
- 4 chicken breast halves boneless skinless
- 2 tablespoons soya sauce

Equipment

- oven
- baking pan
- wax paper

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place soy sauce in a 9x13 inch baking dish. On a piece of wax paper, mix together the sesame seeds, flour, salt and pepper. Dip the chicken pieces in the soy sauce to coat, then dredge in the sesame seed mixture. Arrange in baking dish in a single layer, then drizzle with melted butter.
- Bake at 400 degrees F (200 degrees C) for approximately 40 minutes, or until chicken is cooked through and tender and juices run clear. Baste with drippings once during cooking time.
- Garnish with extra sesame seeds if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:2.52, Inflammation Score:-4, Nutrition Score:15.843478290931%

Nutrients (% of daily need)

Calories: 251.84kcal (12.59%), Fat: 13.31g (20.47%), Saturated Fat: 4.9g (30.61%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 4.3g (1.56%), Sugar: 0.2g (0.22%), Cholesterol: 87.37mg (29.12%), Sodium: 825.28mg (35.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.05g (54.09%), Vitamin B3: 12.79mg (63.95%), Selenium: 40.8µg (58.29%), Vitamin B6: 0.94mg (47.02%), Phosphorus: 313.74mg (31.37%), Copper: 0.43mg (21.56%), Vitamin B5: 1.67mg (16.73%), Magnesium: 66.9mg (16.72%), Manganese: 0.32mg (16.08%), Potassium: 487.11mg (13.92%), Vitamin B1: 0.18mg (12.11%), Iron: 2.18mg (12.09%), Calcium: 101.3mg (10.13%), Vitamin B2: 0.17mg (10.05%), Zinc: 1.45mg (9.69%), Folate: 22.31µg (5.58%), Fiber: 1.29g (5.14%), Vitamin A: 209.81IU (4.2%), Vitamin B12: 0.24µg (3.96%), Vitamin E: 0.4mg (2.69%), Vitamin C: 1.36mg (1.64%)