



Benne Seed Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb chicken leg-thigh quarters
- 2 garlic cloves
- 0.5 teaspoon ground ginger dried
- 1 slices garnishes: lemon tomato
- 3 tablespoons juice of lemon
- 1 onion quartered
- 1 teaspoon pepper dried red crushed
- 2 teaspoons salt

- 2 tablespoons sesame oil
- 0.5 cup sesame seed
- 3 tablespoons soya sauce
- 2 tablespoons sugar

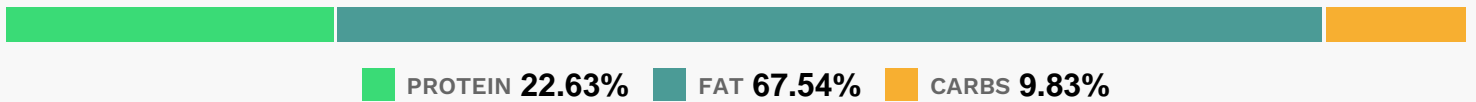
Equipment

- food processor
- oven
- blender
- roasting pan

Directions

- Place chicken in a shallow dish or large zip-top plastic freezer bag.
- Process quartered onion, 2 Tbsp. sugar, and next 7 ingredients in a blender or food processor until smooth, stopping to scrape down sides; pour over chicken. Cover or seal, and chill 2 hours.
- Remove chicken from marinade, discarding marinade.
- Sprinkle sesame seeds evenly over chicken; place in a lightly greased shallow roasting pan.
- Bake at 375 for 50 to 55 minutes or until done.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:53.77, Glycemic Load:5.76, Inflammation Score:-6, Nutrition Score:23.217391408008%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg,

Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 640.7kcal (32.04%), Fat: 48.51g (74.63%), Saturated Fat: 10.97g (68.55%), Carbohydrates: 15.89g (5.3%), Net Carbohydrates: 12.82g (4.66%), Sugar: 7.79g (8.65%), Cholesterol: 188.92mg (62.97%), Sodium: 2077.16mg (90.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.58g (73.16%), Selenium: 43.25µg (61.79%), Vitamin B3: 10.47mg (52.34%), Copper: 0.91mg (45.33%), Phosphorus: 453.22mg (45.32%), Vitamin B6: 0.91mg (45.27%), Manganese: 0.72mg (35.83%), Magnesium: 112.98mg (28.24%), Zinc: 4.03mg (26.84%), Iron: 4.58mg (25.46%), Calcium: 213.39mg (21.34%), Vitamin B1: 0.32mg (21.25%), Vitamin B5: 2.08mg (20.82%), Vitamin B12: 1.23µg (20.56%), Vitamin B2: 0.34mg (19.9%), Potassium: 583.32mg (16.67%), Fiber: 3.07g (12.26%), Folate: 34.13µg (8.53%), Vitamin C: 6.9mg (8.36%), Vitamin A: 303.82IU (6.08%), Vitamin K: 5.69µg (5.42%), Vitamin E: 0.77mg (5.1%), Vitamin D: 0.19µg (1.29%)