



## Chinese Restaurant-Style Sesame Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon five-spice powder chinese
- 1 tablespoon cooking sherry dry
- 3 tablespoons flour all-purpose
- 1 teaspoon ginger root fresh chopped
- 4 leaves lettuce red rinsed
- 1 tablespoon real maple syrup
- 0.5 teaspoon vegetable oil; peanut oil preferred
- 2 servings salt and pepper to taste

- 2 tablespoons sesame seed
- 12 ounce chicken breast halves boneless skinless
- 1 tablespoon soya sauce
- 1 large tomatoes cut into wedges

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cut chicken into about 1 inch X 2 inch pieces.
- In a large nonporous glass dish or bowl, combine the soy sauce, maple syrup, sherry, ginger and five spice powder.
- Mix together.
- Add chicken pieces and toss to coat. Cover dish and refrigerate for 20 minutes, turning once, to marinate. After 20 minutes, drain chicken, reserving marinade. Boil reserved marinade in a small saucepan for 5 minutes to remove risk of bacteria.
- Meanwhile, spread sesame seeds out evenly on an aluminum foil-lined cookie sheet.
- Bake in the preheated oven, to toast, for 10 minutes or until slightly browned.
- Heat oil in a medium skillet over medium high heat. In a shallow dish or bowl combine flour and salt and pepper to taste. Dredge chicken in seasoned flour, shaking off any excess. Brown chicken pieces in oil for about 1 minute each side. Spoon boiled marinade over chicken, reduce heat and saute all together for 1 more minute or until chicken is cooked through and no longer pink inside.
- Remove chicken pieces from heat and roll in toasted sesame seeds. Rinse and dry lettuce leaves; line serving platter with leaves and spoon chicken on top.

Garnish with tomato wedges and serve.

## Nutrition Facts

**PROTEIN 47.62%** **FAT 25.87%** **CARBS 26.51%**

### Properties

Glycemic Index:117.25, Glycemic Load:10.06, Inflammation Score:-10, Nutrition Score:31.549565185671%

### Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

### Nutrients (% of daily need)

Calories: 353.06kcal (17.65%), Fat: 9.92g (15.26%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 22.88g (7.63%), Net Carbohydrates: 20g (7.27%), Sugar: 8.84g (9.83%), Cholesterol: 108.86mg (36.29%), Sodium: 909.56mg (39.55%), Alcohol: 0.77g (100%), Alcohol %: 0.28% (100%), Protein: 41.09g (82.18%), Vitamin B3: 19.83mg (99.13%), Selenium: 61.64µg (88.06%), Vitamin B6: 1.48mg (73.94%), Vitamin A: 3360.17IU (67.2%), Vitamin K: 55.2µg (52.57%), Phosphorus: 468.82mg (46.88%), Manganese: 0.78mg (39.06%), Potassium: 1023.59mg (29.25%), Vitamin B5: 2.65mg (26.54%), Vitamin B2: 0.43mg (25.53%), Magnesium: 97.46mg (24.36%), Copper: 0.48mg (23.79%), Vitamin B1: 0.33mg (22.12%), Iron: 3.59mg (19.96%), Vitamin C: 16.03mg (19.43%), Folate: 62.95µg (15.74%), Zinc: 2.08mg (13.88%), Calcium: 128.63mg (12.86%), Fiber: 2.88g (11.53%), Vitamin E: 1.05mg (7.01%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)