



Crispy Coconut Sesame Chicken with Soy Lime Dipping Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup all-bran original* cereal
- 1 teaspoon canola oil
- 1.5 teaspoons garlic powder
- 1 teaspoon ground ginger
- 0.3 teaspoon ground pepper black
- 0.3 cup juice of lime
- 1 tablespoon soya sauce reduced-sodium

- 0.3 cup mayonnaise
- 1 teaspoon sesame seed
- 1.5 pounds chicken breasts boneless skinless
- 2 tablespoons coconut or shredded sweetened
- 4 teaspoons sugar white

Equipment

- food processor
- bowl
- baking sheet
- oven
- kitchen thermometer
- aluminum foil
- tongs

Directions

- Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with foil.
- In food processor, combine cereal, 1/2 cup (125 mL) coconut, garlic powder, ginger and pepper – processing with pulse action to fine consistency.
- Drizzle in oil, using pulsing action to combine. Stir in 1 tablespoon (15 mL) sesame seeds.
- Place mixture into shallow dish or onto plate.
- In medium bowl, beat 1/4 cup (50 mL) mayonnaise and 2 tablespoons (25 mL) lime juice to combine well.
- Cut each chicken breast into 2 pieces of similar size and thickness (slant cut for equal thickness). Using tongs, dip chicken pieces into mayonnaise mixture, allowing excess to drip off. Coat with cereal mixture, pressing gently so that all of the coating is used.
- Place coated chicken in a single layer on prepared baking sheet.
- Sprinkle with remaining 2 tablespoons coconut. Discard remaining mayonnaise mixture.
- Bake coated chicken in preheated oven until food thermometer reads 170 degrees F (77 degrees C) at centre of chicken pieces – about 25 minutes.

Serve with Soy Lime Dipping Sauce.

For Soy Lime Dipping Sauce: In small bowl, combine the remaining mayonnaise, lime juice and sesame seeds with the soy sauce and sugar. Divide into 6 portions.

Nutrition Facts

PROTEIN 36.01% **FAT 45%** **CARBS 18.99%**

Properties

Glycemic Index:39.46, Glycemic Load:4.02, Inflammation Score:-7, Nutrition Score:25.233478255894%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 279.94kcal (14%), Fat: 14.52g (22.34%), Saturated Fat: 3.09g (19.28%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 10.4g (3.78%), Sugar: 5.71g (6.34%), Cholesterol: 77.8mg (25.93%), Sodium: 340.66mg (14.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.14g (52.28%), Vitamin B6: 2.12mg (106.19%), Vitamin B3: 13.47mg (67.36%), Selenium: 38.49µg (54.98%), Manganese: 1mg (49.82%), Phosphorus: 374.46mg (37.45%), Vitamin B12: 2.18µg (36.41%), Folate: 143.98µg (35.99%), Vitamin B2: 0.41mg (23.99%), Vitamin B1: 0.32mg (21.32%), Vitamin K: 21.75µg (20.72%), Magnesium: 73.78mg (18.45%), Vitamin B5: 1.8mg (17.98%), Potassium: 577.07mg (16.49%), Iron: 2.53mg (14.04%), Zinc: 2.1mg (13.98%), Fiber: 3.39g (13.55%), Vitamin C: 7.49mg (9.08%), Copper: 0.17mg (8.69%), Vitamin E: 0.92mg (6.14%), Calcium: 54.54mg (5.45%), Vitamin A: 229.94IU (4.6%), Vitamin D: 0.58µg (3.88%)