



Korean Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 clove garlic minced
- ☐ 1 green onion minced
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 teaspoon vegetable oil; peanut oil preferred
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons sesame seed
- ☐ 0.3 cup soya sauce
- ☐ 1 tablespoon sugar white

☐ 3 pound meat from a rotisserie chicken whole

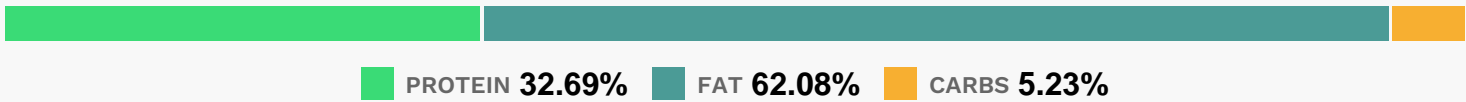
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife

Directions

- ☐ Using a sharp knife, remove all chicken meat from bones.
- ☐ Cut into 1/8 inch thick, 2 inch square slices. Put chicken in a medium bowl and add soy sauce.
- ☐ In an iron skillet heat sesame seeds until they begin to swell up and pop.
- ☐ Put the seeds in the bottom of a wooden bowl along with the salt. Using the back of a large spoon, crush the seeds as finely as possible.
- ☐ Add the pepper, onion, garlic, oil, sugar and monosodium glutamate.
- ☐ Mix together. Stir the chicken and soy sauce into this mixture and let stand for 30 minutes.
- ☐ Put chicken mixture in previously used skillet. Cover and cook over low heat until chicken is tender (if it becomes too dry during the cooking time, add a little water).

Nutrition Facts



Properties

Glycemic Index:53.52, Glycemic Load:2.48, Inflammation Score:-4, Nutrition Score:13.932173884433%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 405.32kcal (20.27%), Fat: 27.61g (42.48%), Saturated Fat: 7.49g (46.81%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 4.54g (1.65%), Sugar: 3.33g (3.7%), Cholesterol: 122.47mg (40.82%), Sodium: 998.04mg (43.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.71g (65.43%), Vitamin B3: 11.88mg (59.4%),

Selenium: 25.15µg (35.93%), Vitamin B6: 0.64mg (32.17%), Phosphorus: 286.41mg (28.64%), Zinc: 2.53mg (16.89%), Vitamin B5: 1.55mg (15.5%), Iron: 2.46mg (13.68%), Vitamin B2: 0.23mg (13.63%), Magnesium: 53.39mg (13.35%), Copper: 0.27mg (13.35%), Manganese: 0.23mg (11.37%), Potassium: 370.28mg (10.58%), Vitamin B1: 0.14mg (9.43%), Vitamin B12: 0.51µg (8.44%), Vitamin K: 8.78µg (8.36%), Calcium: 63.73mg (6.37%), Vitamin A: 259.29IU (5.19%), Folate: 18.24µg (4.56%), Vitamin E: 0.67mg (4.5%), Vitamin C: 3.41mg (4.13%), Fiber: 0.7g (2.79%), Vitamin D: 0.33µg (2.18%)