

Lemon Chicken II



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 3 pounds rotisserie chicken breast meat boneless skinless
- ☐ 1 cup chicken broth
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon cooking sherry dry
- ☐ 2 eggs
- ☐ 1 optional: lemon sliced
- ☐ 1 tablespoon juice of lemon

- ☐ 1 teaspoon salt
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup sugar white

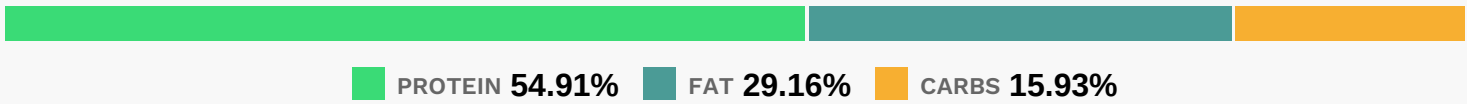
Equipment

- ☐ bowl
- ☐ wok

Directions

- ☐ In a large bowl combine the chicken, sherry, soy sauce and 1/2 teaspoon salt.
- ☐ Mix together, cover and refrigerate.
- ☐ Let marinate for 15 to 20 minutes.
- ☐ In a small bowl, beat together the eggs, 1/4 cup cornstarch and baking powder to form a batter. In a wok, heat 2 cups oil to 350 degrees F (175 degrees C). Coat chicken with batter and fry in wok until browned.
- ☐ Cut into bite size pieces and set aside.
- ☐ In a medium bowl combine the sugar, 1 tablespoon cornstarch, broth, lemon juice and 1 teaspoon salt.
- ☐ Mix together and add lemon slices.
- ☐ Heat 2 tablespoons oil in wok and slowly stir in lemon sauce mixture. Cook, stirring, until sauce is clear.
- ☐ Pour sauce over chicken and serve.

Nutrition Facts



Properties

Glycemic Index:36.27, Glycemic Load:8.17, Inflammation Score:-4, Nutrition Score:23.163478301919%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg Hesperetin: 5.39mg, Hesperetin: 5.39mg, Hesperetin: 5.39mg, Hesperetin: 5.39mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 379.6kcal (18.98%), Fat: 11.98g (18.44%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 14.74g (4.91%), Net Carbohydrates: 14.19g (5.16%), Sugar: 11.9g (13.22%), Cholesterol: 200.49mg (66.83%), Sodium: 1020.45mg (44.37%), Alcohol: 0.26g (100%), Alcohol %: 0.1% (100%), Protein: 50.77g (101.55%), Vitamin B3: 23.89mg (119.47%), Selenium: 77.44µg (110.63%), Vitamin B6: 1.75mg (87.32%), Phosphorus: 521.79mg (52.18%), Vitamin B5: 3.51mg (35.1%), Potassium: 902.39mg (25.78%), Vitamin B2: 0.33mg (19.29%), Magnesium: 64.3mg (16.07%), Vitamin C: 13.23mg (16.04%), Vitamin B1: 0.17mg (11.26%), Zinc: 1.56mg (10.42%), Vitamin B12: 0.59µg (9.87%), Vitamin K: 8.84µg (8.42%), Iron: 1.36mg (7.58%), Vitamin E: 1mg (6.68%), Folate: 19.01µg (4.75%), Calcium: 46.74mg (4.67%), Copper: 0.09mg (4.53%), Manganese: 0.08mg (4.1%), Vitamin D: 0.52µg (3.47%), Vitamin A: 152.13IU (3.04%), Fiber: 0.55g (2.19%)