



Light Lemon-Sesame Chicken

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 0.3 cup eggs fat-free
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup baking mix bisquick heart smart®
- ☐ 0.5 teaspoon paprika
- ☐ 2 tablespoons sesame seed toasted
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup chicken broth (from 32-oz carton)

- ☐ 3 tablespoons sugar
- ☐ 2 tablespoons juice of lemon
- ☐ 2 teaspoons cornstarch
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 tablespoons spring onion sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick.
- ☐ In small bowl, beat egg product and 2 tablespoons lemon juice with fork or wire whisk. In 1-gallon resealable food-storage plastic bag, mix Bisquick mix, paprika and sesame seed.
- ☐ Dip chicken into egg mixture, then place in mixture in bag. Shake until chicken breasts are well coated.
- ☐ In 12-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add chicken; cook 6 to 8 minutes, turning once, until chicken is no longer pink in center.
- ☐ Meanwhile, in 1-quart saucepan, heat all sauce ingredients except onions over medium heat, stirring occasionally, until thickened and bubbly. Spoon sauce over chicken before serving; sprinkle with onions.

Nutrition Facts



 **PROTEIN 40.08%**  **FAT 34.16%**  **CARBS 25.76%**

Properties

Glycemic Index:38.02, Glycemic Load:6.5, Inflammation Score:-5, Nutrition Score:19.944347682207%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 345.91kcal (17.3%), Fat: 12.98g (19.97%), Saturated Fat: 2.69g (16.79%), Carbohydrates: 22.02g (7.34%), Net Carbohydrates: 20.96g (7.62%), Sugar: 11.42g (12.69%), Cholesterol: 148.1mg (49.37%), Sodium: 487.82mg (21.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.26g (68.51%), Vitamin B3: 15.78mg (78.89%), Selenium: 52.77µg (75.39%), Vitamin B6: 1.15mg (57.27%), Phosphorus: 445.11mg (44.51%), Vitamin B5: 2.42mg (24.2%), Vitamin B2: 0.31mg (18.46%), Potassium: 624.32mg (17.84%), Vitamin B1: 0.23mg (15.15%), Magnesium: 58.81mg (14.7%), Vitamin K: 13.97µg (13.3%), Copper: 0.25mg (12.41%), Iron: 1.93mg (10.73%), Vitamin C: 8.76mg (10.62%), Folate: 40.55µg (10.14%), Manganese: 0.2mg (9.99%), Zinc: 1.47mg (9.81%), Calcium: 87.03mg (8.7%), Vitamin B12: 0.48µg (8.05%), Vitamin E: 0.86mg (5.74%), Vitamin A: 280.28IU (5.61%), Fiber: 1.06g (4.24%), Vitamin D: 0.45µg (2.97%)