



Lorraine Wallace's Sesame Chicken

READY IN



30 min.

SERVINGS



2

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 2 servings pepper black freshly ground
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 teaspoon herbs de provence
- ☐ 0.5 cup panko bread crumbs
- ☐ 0.3 cup sesame seed plain toasted
- ☐ 1 pounds chicken breast boneless skinless
- ☐ 2 tablespoons butter unsalted melted

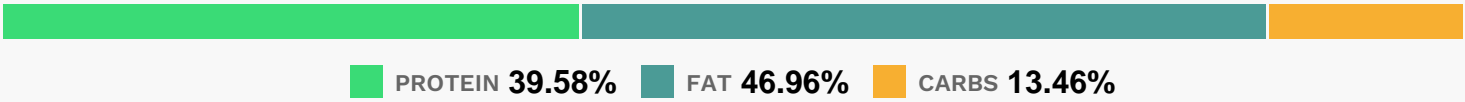
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Rinse the chicken breasts with cold water and pat dry with paper towels.
- ☐ Put the chicken breasts on a plate large enough to hold them, and season with salt and pepper and the herbes de Provence.
- ☐ Transfer the chicken breasts to a medium bowl and pour the buttermilk on top. Set aside to marinate for 15 minutes.
- ☐ Position a rack in the center of the oven. Preheat the oven to 350°F. Coat a baking sheet with nonstick cooking spray.
- ☐ In a small bowl, stir together the bread crumbs, toasted sesame seeds, and parsley.
- ☐ Remove the chicken from the marinade and shake off the excess. One at a time, dredge the chicken breasts in the bread crumb–sesame seed mixture, coating each piece well. Season lightly with salt and pepper.
- ☐ Transfer the chicken to the prepared baking sheet. Discard the marinade.
- ☐ Bake the chicken for about 10 minutes. Baste with the melted butter and continue baking until golden brown and cooked through, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:1.76, Inflammation Score:-8, Nutrition Score:38.374347686768%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol:

0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 567.15kcal (28.36%), Fat: 29.42g (45.27%), Saturated Fat: 11.13g (69.55%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 15.64g (5.69%), Sugar: 4g (4.44%), Cholesterol: 181.85mg (60.62%), Sodium: 443.98mg (19.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.8g (111.6%), Vitamin B3: 25.68mg (128.4%), Vitamin K: 134.34µg (127.94%), Selenium: 85.2µg (121.71%), Vitamin B6: 1.9mg (94.84%), Phosphorus: 678.83mg (67.88%), Copper: 0.9mg (44.95%), Vitamin B5: 3.6mg (35.99%), Magnesium: 142.53mg (35.63%), Manganese: 0.7mg (35.01%), Vitamin B1: 0.48mg (31.77%), Calcium: 314.21mg (31.42%), Potassium: 1087.6mg (31.07%), Iron: 5.41mg (30.03%), Vitamin B2: 0.45mg (26.53%), Vitamin A: 1169.93IU (23.4%), Zinc: 3.34mg (22.26%), Vitamin C: 12.95mg (15.69%), Folate: 59.52µg (14.88%), Vitamin B12: 0.81µg (13.43%), Fiber: 3.35g (13.38%), Vitamin D: 1.22µg (8.11%), Vitamin E: 0.95mg (6.34%)