



Perfect Sesame Chicken

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 pound rotisserie chicken breast meat boneless skinless cubed
- ☐ 1 cup chicken broth
- ☐ 1 teaspoon chile paste
- ☐ 0.3 cup cornstarch
- ☐ 1 tablespoon cooking sherry dry
- ☐ 2 tablespoons flour all-purpose

- ☐ 1 clove garlic minced
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 quart olive oil for frying
- ☐ 2 tablespoons sesame oil
- ☐ 2 tablespoons sesame seed toasted
- ☐ 2 tablespoons soya sauce dark
- ☐ 1 teaspoon vegetable oil
- ☐ 0.5 cup water
- ☐ 2 tablespoons distilled vinegar white
- ☐ 1 cup sugar white

Equipment

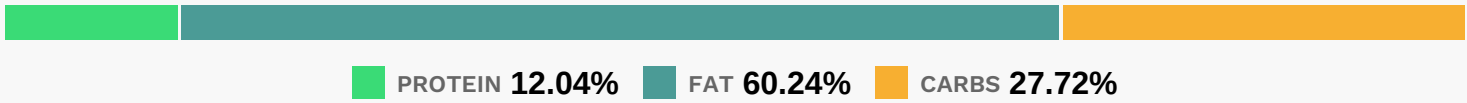
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ deep fryer

Directions

- ☐ Sift flour, 2 tablespoons cornstarch, baking soda, and baking powder into a bowl.
- ☐ Pour in low-sodium soy sauce, sherry, 2 tablespoons water, vegetable oil, and a dash of sesame oil; stir until smooth. Stir in chicken until coated with the batter, then cover, and refrigerate for 20 minutes.
- ☐ Meanwhile, bring chicken broth, sugar, vinegar, dark soy sauce, sesame oil, chile paste, and garlic to a boil in a saucepan over high heat. Dissolve 1/4 cup cornstarch into 1/2 cup of water, and stir into boiling sauce. Simmer until the sauce thickens and turns clear, about 2 minutes. Reduce heat to low, and keep sauce warm.
- ☐ Heat olive oil in a deep fryer or large saucepan to a temperature of 375 degrees F (190 degrees C).
- ☐ Drop in the battered chicken pieces, a few at a time, and fry until they turn golden brown and float to the top of the oil, 3 to 4 minutes.

- ☐ Drain on a paper towel lined plate. To serve, place fried chicken pieces onto a serving platter, and pour the hot sauce overtop.
- ☐ Sprinkle with toasted sesame seeds to garnish.

Nutrition Facts



Properties

Glycemic Index:63.68, Glycemic Load:24.9, Inflammation Score:-3, Nutrition Score:11.979565112487%

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 Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 599.66kcal (29.98%), Fat: 40.49g (62.29%), Saturated Fat: 5.76g (35.98%), Carbohydrates: 41.92g (13.97%), Net Carbohydrates: 41.39g (15.05%), Sugar: 33.68g (37.43%), Cholesterol: 49.17mg (16.39%), Sodium: 826.69mg (35.94%), Alcohol: 0.26g (100%), Alcohol %: 0.09% (100%), Protein: 18.21g (36.43%), Vitamin B3: 8.56mg (42.78%), Selenium: 26.65µg (38.07%), Vitamin E: 4.86mg (32.41%), Vitamin B6: 0.62mg (30.89%), Phosphorus: 202.66mg (20.27%), Vitamin K: 21.19µg (20.18%), Vitamin B5: 1.14mg (11.37%), Potassium: 341.56mg (9.76%), Magnesium: 36.97mg (9.24%), Manganese: 0.18mg (9.15%), Vitamin B2: 0.15mg (8.67%), Copper: 0.16mg (8.03%), Iron: 1.29mg (7.15%), Vitamin B1: 0.1mg (6.99%), Zinc: 0.78mg (5.18%), Calcium: 47.28mg (4.73%), Folate: 13.74µg (3.43%), Vitamin B12: 0.16µg (2.65%), Fiber: 0.53g (2.12%), Vitamin C: 1.2mg (1.45%)