



Quick Chicken-Sesame Rice Balls

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



2

CALORIES



435 kcal

SIDE DISH

Ingredients

- 2 ounces chicken breast shredded boneless skinless finely
- 0.5 teaspoon sesame oil dark
- 2 tablespoons green onion tops thinly sliced
- 0.3 teaspoon kosher salt
- 1 teaspoon soy sauce
- 2 teaspoons rice vinegar divided
- 7.4 ounce sticky rice (such as Annie Chun's)
- 0.3 teaspoon sugar

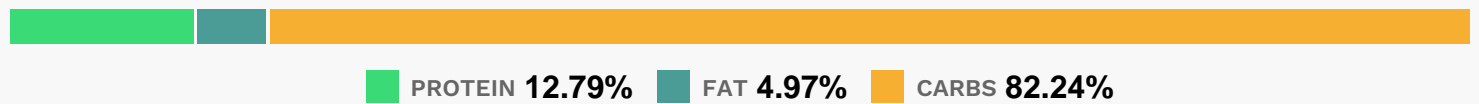
Equipment

- bowl
- plastic wrap

Directions

- Heat rice according to package directions; spread on a plate.
- Sprinkle with 1 1/2 teaspoons vinegar, sugar, and salt; cool completely.
- Combine remaining 1/2 teaspoon vinegar, onions, soy sauce, oil, and chicken in a small bowl.
- Arrange 4 (6-inch) squares of plastic wrap on a work surface. Divide rice mixture into 4 equal portions, shaping each into a ball. Lightly press each rice ball into a disc between palms; place 1 disc on each plastic wrap square. Make an indentation in each. Top each indentation with one-fourth of chicken mixture. Working with one rice ball at a time, lightly press the rice over the filling. Gather up ends of plastic wrap, and twist tightly to form a ball. Gently remove plastic wrap; decorate with nori, if desired.
- THE BUDDY BENTO For the little kid who is easily distracted by human lunch buddies, this box offers fun, nutritious food to hold his interest. Make Our Recipe: Quick Chicken-Sesame Rice Balls Then add 2 tablespoons edamame hummus 1/2 cup steamed sugar snap peas, chilled 1/4 cup seedless red grapes, halved 2 peeled kiwifruit, sliced and cut into shapes 2 fortune cookies
- Serves 2 Each lunch has 347 calories, 8g fat (9g sat fat), 5g protein, 2g carbs, 9g fiber, and 484mg sodium.

Nutrition Facts



Properties

Glycemic Index:117.55, Glycemic Load:69.12, Inflammation Score:0, Nutrition Score:11.181304356326%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 435.43kcal (21.77%), Fat: 2.33g (3.59%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 86.76g (28.92%), Net Carbohydrates: 83.65g (30.42%), Sugar: 0.65g (0.73%), Cholesterol: 18.14mg (6.05%), Sodium: 421.98mg (18.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.5g (27%), Manganese: 1.05mg (52.48%), Selenium: 24.99µg (35.7%), Vitamin B3: 5.27mg (26.33%), Vitamin B6: 0.33mg (16.61%), Vitamin B1: 0.21mg (14.08%), Phosphorus: 140.58mg (14.06%), Vitamin B5: 1.28mg (12.81%), Fiber: 3.11g (12.44%), Vitamin K: 12.61µg (12.01%), Iron: 1.91mg (10.61%), Zinc: 1.47mg (9.78%), Copper: 0.19mg (9.69%), Magnesium: 34.48mg (8.62%), Potassium: 211.19mg (6.03%), Vitamin B2: 0.1mg (5.7%), Folate: 13.42µg (3.35%), Calcium: 18.51mg (1.85%), Vitamin C: 1.47mg (1.78%), Vitamin A: 68.32IU (1.37%)