



WHATSheATE



Roast Sesame Chicken



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 12 ounces cauliflower florets
- ☐ 3 cups meat from a rotisserie chicken white with pan sauce coarsely chopped
- ☐ 1 pinch pepper red crushed
- ☐ 2 tablespoons ginger fresh grated peeled
- ☐ 8 ounces green beans trimmed
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons soy sauce reduced-sodium

- ☐ 1 tablespoon sesame oil
- ☐ 2 tablespoons sesame seed
- ☐ 1 medium bell pepper yellow thinly sliced

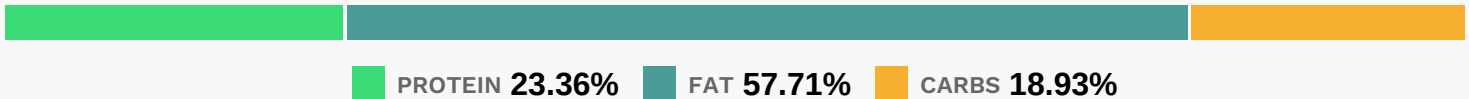
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In small bowl, whisk together soy sauce, honey, sesame oil, and crushed red pepper.
- ☐ Heat canola oil in large skillet over medium-high heat. Stir in ginger; cook until fragrant (1 minute).
- ☐ Add bell pepper, cauliflower, and green beans. Cook, stirring frequently, until the vegetables are crisp-tender (6-8 minutes).
- ☐ Add the sesame seeds and chicken and stir until heated through (1-2 minutes).
- ☐ Stir in the soy sauce mixture and cook until heated through (1-2 minutes).
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:45.07, Glycemic Load:4.42, Inflammation Score:-8, Nutrition Score:20.407825962357%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 337.27kcal (16.86%), Fat: 22.23g (34.2%), Saturated Fat: 4.84g (30.28%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 12.29g (4.47%), Sugar: 7.9g (8.77%), Cholesterol: 63.56mg (21.19%), Sodium: 378.35mg (16.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.25g (40.5%), Vitamin C: 104.06mg (126.13%), Vitamin K: 41.84µg (39.84%), Vitamin B3: 7.18mg (35.92%), Vitamin B6: 0.63mg (31.74%), Phosphorus: 230.6mg (23.06%), Manganese: 0.45mg (22.51%), Folate: 87.91µg (21.98%), Selenium: 14.63µg (20.9%), Potassium: 661.8mg (18.91%), Magnesium: 68.66mg (17.16%), Fiber: 4.12g (16.47%), Copper: 0.32mg (16.1%), Vitamin B5: 1.55mg (15.55%), Vitamin B2: 0.25mg (14.8%), Iron: 2.58mg (14.32%), Zinc: 1.92mg (12.83%), Vitamin B1: 0.18mg (12.26%), Vitamin A: 577.15IU (11.54%), Calcium: 94.64mg (9.46%), Vitamin E: 1.28mg (8.52%), Vitamin B12: 0.26µg (4.38%), Vitamin D: 0.17µg (1.13%)