



WHATSheATE

Sesame Chicken

READY IN



50 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 0.5 cup flour
- ☐ 2 tablespoons orange marmalade
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 4 servings rice for serving
- ☐ 1 tablespoon white wine sweet aji mirin
- ☐ 2 tablespoons sesame seed
- ☐ 3 chicken breast halves boneless skinless thawed
- ☐ 2 tablespoons soya sauce

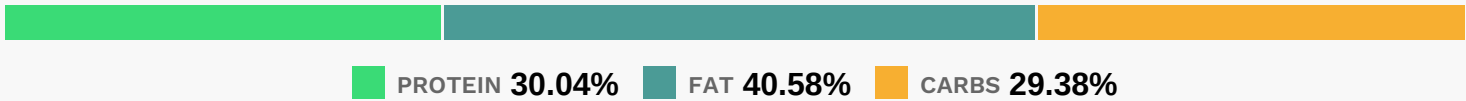
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Preheat the oven to 375 degrees F. Line a large baking sheet with parchment paper or foil.
- ☐ Cut the chicken breasts into 1-inch cubes (easiest when not completely thawed). In a medium bowl, mix together the soy sauce, orange marmalade, wine, and crushed red pepper flakes. Toss in the chicken cubes and marinate for at least 10 minutes and up to 8 hours in the refrigerator.
- ☐ In another bowl or plastic bag, mix together the flour and sesame seeds.
- ☐ Drain the chicken cubes and blot any excess liquid, and then toss in the flour to coat lightly.
- ☐ Spread the chicken cubes on the prepared baking sheet and drizzle with the melted butter.
- ☐ Bake until the chicken is crispy but not dry, about 20 minutes, turning the cubes halfway through.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:62.8, Glycemic Load:9.35, Inflammation Score:-5, Nutrition Score:13.102608662585%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg,

Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 289.13kcal (14.46%), Fat: 12.9g (19.85%), Saturated Fat: 6.19g (38.68%), Carbohydrates: 21.02g (7.01%), Net Carbohydrates: 19.88g (7.23%), Sugar: 6.27g (6.97%), Cholesterol: 76.82mg (25.6%), Sodium: 679.26mg (29.53%), Alcohol: 0.39g (100%), Alcohol %: 0.35% (100%), Protein: 21.49g (42.98%), Vitamin B3: 10.36mg (51.78%), Selenium: 34.24µg (48.91%), Vitamin B6: 0.7mg (35.11%), Phosphorus: 237.21mg (23.72%), Vitamin B1: 0.22mg (14.43%), Manganese: 0.28mg (14.21%), Vitamin B5: 1.34mg (13.39%), Copper: 0.23mg (11.73%), Vitamin B2: 0.19mg (11.47%), Magnesium: 44.52mg (11.13%), Potassium: 383mg (10.94%), Iron: 1.91mg (10.63%), Folate: 38.89µg (9.72%), Vitamin A: 368.51IU (7.37%), Zinc: 0.99mg (6.59%), Calcium: 55.14mg (5.51%), Fiber: 1.14g (4.54%), Vitamin E: 0.53mg (3.51%), Vitamin B12: 0.19µg (3.12%), Vitamin C: 1.5mg (1.82%), Vitamin K: 1.23µg (1.17%)