



 **19%**  
HEALTH SCORE

## Sesame Chicken

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

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**413 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup soya sauce
- 2 tablespoons cooking oil chinese
- 2 teaspoons cornstarch
- 1 teaspoon sugar
- 1 pound chicken thighs boneless skinless thick sliced
- 2 tablespoons vegetable oil; peanut oil preferred
- 2 tablespoons garlic clove minced
- 2 tablespoons ginger minced

- 1 teaspoon chili paste depending on your taste pref
- 6 ounces snow peas trimmed
- 8 ounce bamboo skewers drained canned
- 8 ounces water chestnuts halved
- 3 spring onion thinly sliced
- 3 tablespoons sesame seed toasted
- 2 teaspoons sesame oil

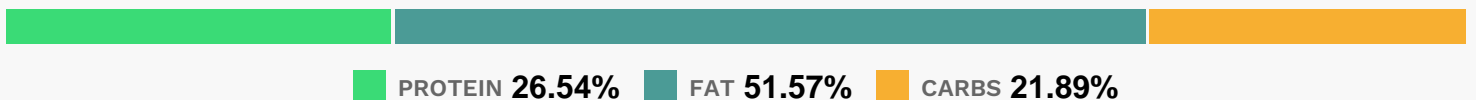
## Equipment

- bowl
- wok

## Directions

- In a bowl, combine soy sauce, cooking wine, cornstarch, and sugar. Stir in chicken and marinate for 15 minutes.
- Place wok over high heat. When wok smokes, add peanut oil. When oil shimmers, add garlic and ginger and cook for 10 seconds.
- Remove chicken from marinade. Reserve marinade and add chicken to wok. Cook, stirring occasionally, until chicken is browned in places and just cooked through, about 3 minutes.
- Stir in chili paste and snow peas and cook 2 minutes more, or until snow peas are shiny and bright green.
- Stir in bamboo shoots and water chestnuts and continue cooking until they are heated through, about one minute.
- Remove from heat, stir in scallions, sesame seeds, and sesame oil and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:57.27, Glycemic Load:1.97, Inflammation Score:-7, Nutrition Score:22.682608853216%

## Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

## **Nutrients (% of daily need)**

Calories: 412.92kcal (20.65%), Fat: 24.09g (37.06%), Saturated Fat: 3.67g (22.91%), Carbohydrates: 23.01g (7.67%), Net Carbohydrates: 17.67g (6.43%), Sugar: 6.63g (7.37%), Cholesterol: 107.73mg (35.91%), Sodium: 926.95mg (40.3%), Alcohol: 0g (100%), Protein: 27.89g (55.79%), Vitamin B6: 0.93mg (46.47%), Selenium: 29.71µg (42.44%), Vitamin B3: 7.95mg (39.76%), Vitamin C: 30.59mg (37.08%), Vitamin K: 38.12µg (36.3%), Phosphorus: 333.79mg (33.38%), Manganese: 0.61mg (30.6%), Copper: 0.54mg (27.21%), Vitamin E: 3.6mg (24.01%), Iron: 4.2mg (23.34%), Fiber: 5.34g (21.35%), Zinc: 3.17mg (21.1%), Vitamin B5: 1.95mg (19.52%), Vitamin B2: 0.32mg (18.93%), Magnesium: 74.44mg (18.61%), Potassium: 631.46mg (18.04%), Vitamin B1: 0.26mg (17.41%), Vitamin B12: 0.73µg (12.1%), Vitamin A: 589.94IU (11.8%), Calcium: 112.39mg (11.24%), Folate: 44.02µg (11.01%)