



## Sesame Chicken

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

READY IN



20 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.3 cups water
- 0.1 teaspoon salt
- 1 cup quick-cooking brown rice instant uncooked
- 0.7 cup water
- 3 tablespoons soy sauce reduced-sodium
- 2 teaspoons juice of lemon
- 1 tablespoon cornstarch
- 1 teaspoon sesame oil toasted

- 2 teaspoons olive oil
- 14 oz chicken breast uncooked cut in half (not breaded)
- 1 lb bell pepper frozen thawed drained
- 1 tablespoon sesame seed

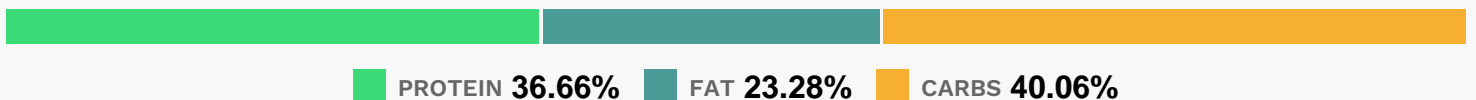
## Equipment

- bowl
- frying pan
- sauce pan
- wok

## Directions

- In 2-quart saucepan, heat 1 1/4 cups water and the salt to boiling over high heat. Stir in rice. Reduce heat to low. Cover; simmer about 10 minutes or until water is absorbed. Fluff with fork.
- Meanwhile, in small bowl, stir 2/3 cup water, the soy sauce, lemon juice, cornstarch and sesame oil; set aside.
- Heat nonstick wok or 12-inch skillet over medium-high heat.
- Add canola oil; rotate wok to coat side.
- Add chicken; stir-fry 2 to 3 minutes.
- Add stir-fry vegetables; stir-fry 3 to 5 minutes or until chicken is no longer pink in center and vegetables are crisp-tender.
- Stir soy sauce mixture into chicken mixture; heat to boiling. Cook and stir until sauce is thickened.
- Sprinkle with sesame seed.
- Serve with rice.

## Nutrition Facts



## Properties

Glycemic Index:16.75, Glycemic Load:1.51, Inflammation Score:-10, Nutrition Score:26.206521809101%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 277.29kcal (13.86%), Fat: 7.15g (11%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 27.67g (9.22%), Net Carbohydrates: 24.54g (8.92%), Sugar: 4.9g (5.45%), Cholesterol: 63.5mg (21.17%), Sodium: 632.59mg (27.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.32g (50.65%), Vitamin C: 147.31mg (178.55%), Vitamin A: 3580.59IU (71.61%), Vitamin B3: 13.19mg (65.97%), Selenium: 40.67µg (58.1%), Vitamin B6: 1.14mg (56.78%), Folate: 122.98µg (30.74%), Phosphorus: 296.18mg (29.62%), Vitamin B1: 0.34mg (23%), Manganese: 0.46mg (22.76%), Vitamin B5: 1.91mg (19.09%), Potassium: 666.47mg (19.04%), Vitamin E: 2.35mg (15.66%), Iron: 2.69mg (14.92%), Magnesium: 59.06mg (14.77%), Vitamin B2: 0.24mg (13.87%), Fiber: 3.14g (12.54%), Copper: 0.19mg (9.56%), Zinc: 1.43mg (9.53%), Vitamin K: 7.12µg (6.78%), Calcium: 44.38mg (4.44%), Vitamin B12: 0.2µg (3.31%)