

Sesame Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 1 tablespoon ginger fresh grated
- ☐ 4 ounces mushrooms fresh quartered
- ☐ 1 clove garlic crushed
- ☐ 1 bell pepper green sliced
- ☐ 4 green onions sliced
- ☐ 1 tablespoon juice of lemon
- ☐ 1 dash pepper sauce hot

- ☐ 2 tablespoons rice wine
- ☐ 1 tablespoon sesame oil
- ☐ 2 tablespoons sesame seed
- ☐ 1 pound chicken breast halves boneless skinless cut into bite size pieces
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ To Make Marinade: In a nonporous dish or bowl blend cornstarch with wine or sherry; then stir in lemon juice, soy sauce, hot pepper sauce, ginger and garlic. Blend together and stir in chicken strips. Cover dish and refrigerate to marinate for 3 to 4 hours.
- ☐ In a wok or large skillet, place sesame seeds and dry-fry over medium heat, shaking the wok, until the seeds are a golden brown color.
- ☐ Remove seeds and set aside.
- ☐ To same wok or skillet add sesame oil and vegetable oil and heat slowly.
- ☐ Drain chicken, reserving marinade, and stir-fry in wok a few pieces at a time, until browned.
- ☐ Remove chicken with a slotted spoon and set aside.
- ☐ Add mushrooms and green bell pepper to same wok or skillet and stir-fry for 2 to 3 minutes.
- ☐ Add the scallions and stir-fry 1 minute more. Return chicken to wok, together with reserved marinade, and stir over medium high heat for another 2 to 3 minutes, or until the ingredients are evenly coated with the glaze.
- ☐ Sprinkle toasted sesame seeds on top and serve immediately.

Nutrition Facts



 **PROTEIN 39.37%**  **FAT 51.09%**  **CARBS 9.54%**

Properties

Glycemic Index:42.25, Glycemic Load:0.78, Inflammation Score:-6, Nutrition Score:19.168260890505%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 279.18kcal (13.96%), Fat: 15.42g (23.73%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 4.8g (1.75%), Sugar: 1.78g (1.97%), Cholesterol: 72.57mg (24.19%), Sodium: 388.88mg (16.91%), Alcohol: 1.21g (100%), Alcohol %: 0.7% (100%), Protein: 26.74g (53.48%), Vitamin B3: 13.44mg (67.18%), Selenium: 40.66µg (58.09%), Vitamin B6: 1.01mg (50.36%), Vitamin K: 40.26µg (38.35%), Vitamin C: 29.92mg (36.27%), Phosphorus: 306.54mg (30.65%), Vitamin B5: 2.11mg (21.11%), Potassium: 639.24mg (18.26%), Copper: 0.33mg (16.38%), Vitamin B2: 0.26mg (15.53%), Magnesium: 54.9mg (13.72%), Manganese: 0.22mg (11.21%), Vitamin B1: 0.16mg (10.42%), Iron: 1.57mg (8.72%), Zinc: 1.24mg (8.26%), Vitamin E: 1.02mg (6.8%), Fiber: 1.68g (6.72%), Folate: 25.67µg (6.42%), Calcium: 60.29mg (6.03%), Vitamin A: 264.43IU (5.29%), Vitamin B12: 0.24µg (3.97%), Vitamin D: 0.17µg (1.13%)