



## Sesame Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 skinned and boned chicken breast halves cut into bite-size pieces
- ☐ 2 tablespoons cooking sherry dry
- ☐ 1 teaspoon ginger fresh grated
- ☐ 1 garlic clove pressed
- ☐ 1 tablespoon sesame oil
- ☐ 0.3 cup sesame seed
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup sugar

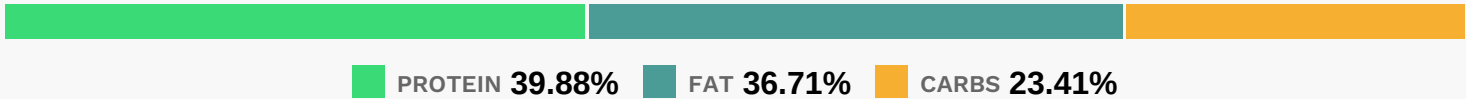
# Equipment

- ☐ frying pan
- ☐ oven
- ☐ ziploc bags
- ☐ skewers

# Directions

- ☐ Stir together first 6 ingredients in a shallow dish or large zip-top plastic bag; add chicken. Cover or seal, and chill 30 minutes, turning occasionally.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Thread chicken onto skewers, and sprinkle with sesame seeds. Arrange skewers on a lightly greased 15- x 10-inch jellyroll pan.
- ☐ Broil 3 inches from heat (with electric oven door partially open) 5 minutes on each side or until done.
- ☐ Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:18.01, Glycemic Load:3.73, Inflammation Score:-2, Nutrition Score:6.2456522506216%

# Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 111.19kcal (5.56%), Fat: 4.46g (6.86%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 6.4g (2.13%), Net Carbohydrates: 5.9g (2.14%), Sugar: 5.14g (5.71%), Cholesterol: 28.93mg (9.64%), Sodium: 377.11mg (16.4%), Alcohol: 0.31g (100%), Alcohol %: 0.61% (100%), Protein: 10.9g (21.79%), Vitamin B3: 5.12mg (25.6%), Selenium: 15.88µg

(22.68%), Vitamin B6: 0.39mg (19.27%), Phosphorus: 127.11mg (12.71%), Copper: 0.17mg (8.75%), Magnesium: 27.7mg (6.92%), Manganese: 0.14mg (6.86%), Vitamin B5: 0.67mg (6.71%), Potassium: 201.35mg (5.75%), Iron: 0.87mg (4.82%), Vitamin B1: 0.06mg (4.19%), Calcium: 40.88mg (4.09%), Zinc: 0.59mg (3.91%), Vitamin B2: 0.07mg (3.83%), Fiber: 0.5g (2%), Folate: 6.55µg (1.64%), Vitamin B12: 0.09µg (1.51%)