



Sesame Chicken Strips

READY IN



525 min.

SERVINGS



10

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter melted
- ☐ 2 teaspoons celery salt
- ☐ 1 cup bread crumbs dry
- ☐ 2 cloves garlic minced
- ☐ 1 juice of lemon juiced
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sesame seed
- ☐ 6 chicken breast halves boneless skinless

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 teaspoons worcestershire sauce

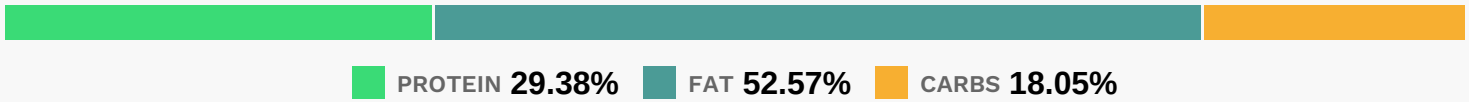
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Lightly grease a 15 by 10-inch jelly roll pan.
- ☐ Cut chicken crosswise into 1/2-inch strips. In a large bowl, combine sour cream, lemon juice, celery salt, Worcestershire sauce, salt, pepper, and garlic.
- ☐ Mix well.
- ☐ Add chicken to mixture, coat well, and cover. Refrigerate at least 8 hours or overnight.
- ☐ Preheat oven to 350 degrees F.
- ☐ In medium bowl, combine bread crumbs and sesame seeds.
- ☐ Remove chicken strips from sour cream mixture.
- ☐ Roll in crumb mixture, coating evenly. Arrange in single layer in prepared pan. Spoon butter evenly over chicken.
- ☐ Bake for 18 to 25 minutes or until chicken is tender and golden brown.

Nutrition Facts



Properties

Glycemic Index:14.7, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:11.411739072074%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 236.9kcal (11.84%), Fat: 13.83g (21.27%), Saturated Fat: 6.07g (37.91%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 9.57g (3.48%), Sugar: 1.67g (1.86%), Cholesterol: 69mg (23%), Sodium: 798.5mg (34.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.38g (34.77%), Vitamin B3: 8.05mg (40.27%), Selenium: 27.14µg (38.78%), Vitamin B6: 0.58mg (28.95%), Phosphorus: 212.43mg (21.24%), Vitamin B1: 0.2mg (13%), Copper: 0.26mg (12.99%), Manganese: 0.25mg (12.66%), Vitamin B5: 1.12mg (11.2%), Magnesium: 42.82mg (10.71%), Calcium: 99.61mg (9.96%), Vitamin B2: 0.17mg (9.82%), Potassium: 341.4mg (9.75%), Iron: 1.6mg (8.91%), Zinc: 1.03mg (6.87%), Vitamin A: 305.48IU (6.11%), Folate: 21.39µg (5.35%), Fiber: 1.11g (4.44%), Vitamin B12: 0.23µg (3.85%), Vitamin C: 2.52mg (3.06%), Vitamin E: 0.37mg (2.49%), Vitamin K: 1.69µg (1.61%)