



Sesame Chicken With Asian Slaw

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound chicken breast tenders
- ☐ 0.5 teaspoon chili oil
- ☐ 6 cups d coleslaw
- ☐ 1 large egg white lightly beaten
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 4 teaspoons honey
- ☐ 0.3 teaspoon kosher salt

- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 cup cranberry-orange relish
- ☐ 0.8 cup panko breadcrumbs (Japanese)
- ☐ 3 tablespoons rice vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup scallions chopped
- ☐ 1 tablespoon sesame oil divided
- ☐ 2 tablespoons sesame seed
- ☐ 8 ounces soba noodles
- ☐ 1 tablespoon sugar

Equipment

- ☐ frying pan

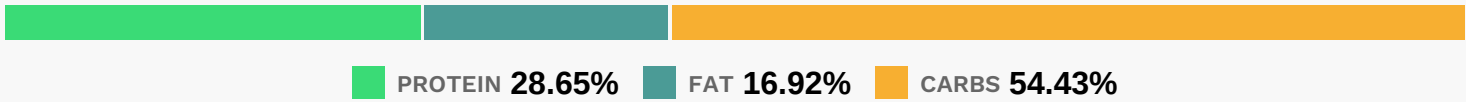
Directions

- ☐ To make slaw, combine rice vinegar, sugar, kosher salt, and chili oil, stirring to dissolve sugar. Toss with coleslaw and orange slices; let the mixture sit 10-15 minutes before serving.
- ☐ Cook the soba noodles according to the package directions.
- ☐ Drain the noodles, and rinse them under cold water.
- ☐ Combine the panko, sesame seeds, and salt on a plate.
- ☐ Dip the chicken breast tenders into the egg white. Then dredge the chicken breast tenders in the panko-sesame seed mixture.
- ☐ Heat 1 tablespoon of the sesame oil in a large nonstick skillet over medium-high heat.
- ☐ Add the chicken breast tenders and cook 4-5 minutes per side, or until cooked through. Wipe out pan.
- ☐ Add the remaining sesame oil to the pan. Stir in the garlic and ginger; cook, stirring, 30-45 seconds until soft.
- ☐ Remove from heat and stir in the soy sauce, rice vinegar, and honey. Reserve 2 tablespoons of the sauce and toss the remaining with the soba noodles and scallions.
- ☐ Place chicken on top of the soba noodles and drizzle with reserved 2 tablespoons of sauce.

☐

Serve the Asian slaw alongside.

Nutrition Facts



Properties

Glycemic Index:105.84, Glycemic Load:31.08, Inflammation Score:-8, Nutrition Score:33.686087100402%

Flavonoids

Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 523.9kcal (26.19%), Fat: 10.19g (15.67%), Saturated Fat: 1.75g (10.97%), Carbohydrates: 73.72g (24.57%), Net Carbohydrates: 68.68g (24.98%), Sugar: 17.35g (19.28%), Cholesterol: 72.57mg (24.19%), Sodium: 1707.8mg (74.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.81g (77.62%), Vitamin K: 94.51µg (90.01%), Vitamin C: 65.5mg (79.39%), Vitamin B3: 15.2mg (76.01%), Manganese: 1.25mg (62.55%), Vitamin B6: 1.24mg (62.03%), Selenium: 43.17µg (61.67%), Phosphorus: 493.13mg (49.31%), Vitamin B1: 0.6mg (40.13%), Magnesium: 133.88mg (33.47%), Folate: 124.84µg (31.21%), Potassium: 967.28mg (27.64%), Vitamin B5: 2.64mg (26.45%), Vitamin B2: 0.39mg (22.78%), Iron: 4.01mg (22.25%), Copper: 0.42mg (21.02%), Fiber: 5.04g (20.15%), Zinc: 2.52mg (16.77%), Calcium: 159.4mg (15.94%), Vitamin A: 300.98IU (6.02%), Vitamin E: 0.7mg (4.66%), Vitamin B12: 0.27µg (4.56%)