



Sesame chicken with soy dip

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 140 g breadcrumb
- ☐ 3 tbsp sesame seed
- ☐ 1 tsp five-spice powder chinese
- ☐ 4 chicken breasts skinless
- ☐ 1 eggs lightly beaten
- ☐ 300 g tenderstem broccoli
- ☐ 3 tbsp soya sauce
- ☐ 1 juice of lemon

- ☐ 1 juice of lime
- ☐ 1 tbsp caster sugar

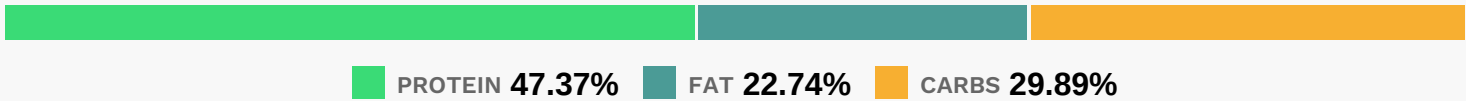
Equipment

- ☐ baking paper
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/fan 180C/gas 6 and line a baking tray with baking paper.
- ☐ Mix the breadcrumbs, sesame seeds, five-spice and a little seasoning on a plate. Pat dry the chicken, dip into the egg, then roll in the breadcrumb mix. Arrange on the baking tray, then bake for 25–30 mins until crisp and cooked through.
- ☐ When the chicken is almost ready, boil the broccoli in salted water for a few mins until just tender.
- ☐ Mix the soy sauce with the citrus juices and sugar to make a dipping sauce.
- ☐ Serve the crispy chicken with the broccoli and little dishes of the sauce for dipping, plus lime wedges for squeezing over.

Nutrition Facts



Properties

Glycemic Index:39.27, Glycemic Load:3.45, Inflammation Score:-8, Nutrition Score:40.122608713482%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.88mg, Kaempferol: 5.88mg, Kaempferol: 5.88mg, Kaempferol: 5.88mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 502.34kcal (25.12%), Fat: 12.59g (19.37%), Saturated Fat: 2.61g (16.33%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 32.6g (11.85%), Sugar: 7.05g (7.83%), Cholesterol: 185.56mg (61.85%), Sodium: 1314mg (57.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59g (118.01%), Vitamin B3: 27.27mg (136.34%), Selenium: 88.9µg (127.01%), Vitamin B6: 1.98mg (98.91%), Vitamin C: 74.97mg (90.88%), Vitamin K: 79.34µg (75.56%), Phosphorus: 669.69mg (66.97%), Vitamin B5: 4.09mg (40.93%), Vitamin B1: 0.61mg (40.61%), Manganese: 0.77mg (38.75%), Potassium: 1248.16mg (35.66%), Vitamin B2: 0.55mg (32.23%), Magnesium: 122.72mg (30.68%), Folate: 110.24µg (27.56%), Iron: 4.95mg (27.52%), Copper: 0.5mg (25.06%), Zinc: 2.91mg (19.41%), Calcium: 193.26mg (19.33%), Fiber: 4.63g (18.51%), Vitamin A: 602.37IU (12.05%), Vitamin B12: 0.67µg (11.21%), Vitamin E: 1.2mg (8.02%), Vitamin D: 0.45µg (2.97%)