



 **56%**
HEALTH SCORE

Sesame Chicken with Spicy Dipping Sauce

 Dairy Free

READY IN



516 min.

SERVINGS



5

CALORIES



1781 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound angel hair pasta fresh
- 2 cups apricot glaze
- 1 cup balsamic vinaigrette
- 0.5 cup canola oil
- 5 chicken breasts
- 0.5 bunch cilantro leaves chopped
- 1 tablespoon pepper red crushed
- 3 ounces rum dark

- 2 cups flour all-purpose
- 0.3 inch ginger fresh peeled
- 3 cloves garlic minced
- 1 tablespoon ginger grated
- 1 tablespoon ginger minced
- 5 servings mesclun greens
- 0.3 cup juice of lemon
- 6 ounces juice of lemon
- 0.5 cup mirin
- 0.5 cup olive oil
- 2 tablespoons olive oil
- 6 ounces olive oil
- 1 small onion minced
- 1 tablespoon pepper flakes red
- 2 tablespoons salt
- 1 bunch scallions chopped
- 2 tablespoons sesame oil toasted
- 1 cup sesame seed toasted
- 0.3 cup soya sauce
- 2 tablespoons soya sauce
- 3 ounces soya sauce
- 2 tablespoons sugar
- 1 ounce water boiling

Equipment

- food processor
- bowl
- frying pan
- sauce pan

- oven
- whisk
- blender
- roasting pan
- ziploc bags

Directions

- In a food processor, combine the onion, garlic, and ginger and pulse to mince.
- Place in a bowl and combine with the lemon juice, olive oil, soy sauce, rum, crushed red pepper, sugar, and salt. Shake, or stir well, before use.
- Cut the chicken breast into 2-inch strips. Put in plastic bag or tub with marinade. Marinate in the refrigerator overnight.
- Preheat the oven to 400 degrees F.
- Combine sesame seeds with the flour. Dredge marinated chicken strips in the flour-sesame mixture. In a skillet, heat enough canola oil to lightly coat the bottom of the skillet until hot, but not smoking. Cook chicken strips, on both sides until golden brown.
- Transfer to a shallow roasting pan and finish in the oven.
- Toss the Sesame Noodles with some Soy-Ginger Vinaigrette and some fresh mesclun greens.
- Place the noodle salad on a plate and top with the cooked sesame chicken.
- Drizzle some Spicy Apricot Sauce over the chicken.
- Garnish with pickled ginger and a side of the apricot dipping sauce.
- Cook angel hair pasta in boiling, salted water for 2 minutes or until al dente.
- Drain and rinse with cold water to stop the cooking.
- Add the cilantro, scallions, olive, and sesame oils.
- Combine well.
- Combine all ingredients, except for the water, in a blender. Blend for 30 seconds. Then add the water and blend for another 10 seconds.
- Put all ingredients in a saucepan, and heat until the glaze melts.
- Whisk until smooth, and serve at room temperature.
- Add water if it gets too thick.

Nutrition Facts

PROTEIN 17.44% FAT 48.71% CARBS 33.85%

Properties

Glycemic Index:97.95, Glycemic Load:62.62, Inflammation Score:-10, Nutrition Score:56.8269566764%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg Eriodictyol: 2.26mg, Eriodictyol: 2.26mg, Eriodictyol: 2.26mg, Eriodictyol: 2.26mg Hesperetin: 6.69mg, Hesperetin: 6.69mg, Hesperetin: 6.69mg, Hesperetin: 6.69mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 1780.53kcal (89.03%), Fat: 94.89g (145.99%), Saturated Fat: 12.6g (78.72%), Carbohydrates: 148.36g (49.45%), Net Carbohydrates: 137.3g (49.93%), Sugar: 23.08g (25.64%), Cholesterol: 144.64mg (48.21%), Sodium: 5735.9mg (249.39%), Alcohol: 8.04g (100%), Alcohol %: 1.27% (100%), Protein: 76.45g (152.9%), Selenium: 158.55µg (226.5%), Vitamin B3: 31.93mg (159.65%), Manganese: 2.37mg (118.34%), Vitamin B6: 2.35mg (117.72%), Phosphorus: 989.19mg (98.92%), Copper: 1.81mg (90.33%), Magnesium: 260.11mg (65.03%), Vitamin E: 9.72mg (64.83%), Vitamin B1: 0.94mg (62.8%), Iron: 11.08mg (61.56%), Vitamin A: 2772.88IU (55.46%), Potassium: 1707.3mg (48.78%), Folate: 189.56µg (47.39%), Vitamin C: 38.97mg (47.24%), Vitamin K: 49.03µg (46.7%), Fiber: 11.06g (44.23%), Vitamin B2: 0.75mg (44.2%), Vitamin B5: 4.31mg (43.08%), Zinc: 5.88mg (39.21%), Calcium: 382.18mg (38.22%), Vitamin B12: 0.45µg (7.53%), Vitamin D: 0.23µg (1.51%)