



Sesame Chicken with Summer Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons chicken broth low-sodium undiluted canned
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 1 small onion cut into wedges
- ☐ 0.5 cup bell pepper sweet red sliced
- ☐ 1 teaspoon sesame oil
- ☐ 2 teaspoons sesame seed toasted
- ☐ 8 ounce skinned cut into thin strips
- ☐ 1 cup baby squash yellow chopped

☐ 1 cup zucchini sliced

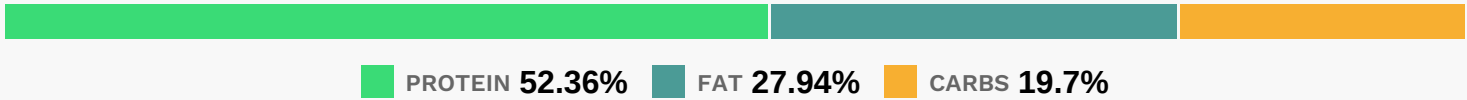
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Coat a medium nonstick skillet with cooking spray; add oil.
- ☐ Place over medium-high heat until hot.
- ☐ Add chicken, and cook 5 minutes, stirring frequently.
- ☐ Remove from skillet, and keep warm. Wipe drippings from skillet with a paper towel.
- ☐ Coat skillet with cooking spray.
- ☐ Add yellow squash and zucchini; saute 7 minutes. Stir in onion and red pepper; saute 1 minute.
- ☐ Add chicken, chicken broth, and soy sauce. Cook 3 minutes, stirring frequently.
- ☐ Sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:1.88, Inflammation Score:-9, Nutrition Score:22.780869701634%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg

Nutrients (% of daily need)

Calories: 208.13kcal (10.41%), Fat: 6.53g (10.04%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 7.46g (2.71%), Sugar: 5.9g (6.56%), Cholesterol: 72.57mg (24.19%), Sodium: 327.49mg (14.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.52g (55.04%), Vitamin C: 72.33mg (87.68%), Vitamin B3: 13.24mg (66.22%), Vitamin B6: 1.25mg (62.5%), Selenium: 37.45µg (53.5%), Phosphorus: 330.63mg (33.06%),

Vitamin A: 1438.2IU (28.76%), Potassium: 905.43mg (25.87%), Vitamin B5: 2.01mg (20.08%), Manganese: 0.38mg (19.14%), Vitamin B2: 0.32mg (18.63%), Magnesium: 68.91mg (17.23%), Folate: 63.73µg (15.93%), Vitamin B1: 0.18mg (12.11%), Fiber: 2.89g (11.56%), Copper: 0.21mg (10.39%), Zinc: 1.39mg (9.26%), Iron: 1.49mg (8.26%), Vitamin E: 1.01mg (6.71%), Vitamin K: 6.82µg (6.5%), Calcium: 56.62mg (5.66%), Vitamin B12: 0.25µg (4.15%)