



Sesame Crusted Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



6

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large egg whites
- ☐ 1.3 teaspoons salt
- ☐ 4.5 oz sesame seed
- ☐ 6 chicken breast halves boneless skinless ()
- ☐ 0.3 cup vegetable oil

Equipment

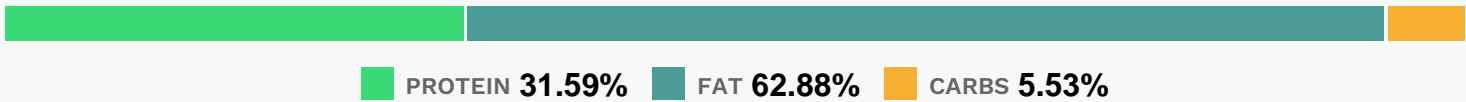
- ☐ frying pan
- ☐ whisk

- ☐ plastic wrap
- ☐ rolling pin
- ☐ tongs
- ☐ meat tenderizer

Directions

- ☐ If chicken breasts are more than 1/2 inch thick, put them between 2 sheets of plastic wrap and gently pound with flat side of a meat pounder or with a rolling pin until 1/2 inch thick.
- ☐ Whisk together egg whites and 1/2 teaspoon salt in a shallow dish until whites are loosened but not foamy. Put sesame seeds in another shallow dish. Pat chicken dry and sprinkle with remaining 3/4 teaspoon salt. Dip chicken, 1 piece at a time, in egg whites, letting excess drip off, then dredge in sesame seeds.
- ☐ Transfer to a wax-paper-lined tray.
- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking. Reduce heat to moderate and cook 3 pieces of chicken, turning over once with tongs, until coating is golden and chicken is cooked through, 10 to 12 minutes, then transfer to a plate.
- ☐ Remove any browned sesame seeds from skillet, then cook remaining chicken.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:0.87, Inflammation Score:-5, Nutrition Score:21.112608852594%

Nutrients (% of daily need)

Calories: 363.43kcal (18.17%), Fat: 25.62g (39.41%), Saturated Fat: 3.97g (24.79%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 2.56g (0.93%), Sugar: 0.14g (0.16%), Cholesterol: 72.32mg (24.11%), Sodium: 636.15mg (27.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.96g (57.92%), Selenium: 45.68µg (65.25%), Vitamin B3: 12.76mg (63.79%), Vitamin B6: 1.01mg (50.74%), Copper: 0.9mg (45.07%), Phosphorus: 372.69mg (37.27%), Manganese: 0.54mg (27.12%), Magnesium: 105.23mg (26.31%), Vitamin K: 22.5µg (21.43%), Calcium: 214.03mg (21.4%), Iron: 3.53mg (19.59%), Vitamin B5: 1.64mg (16.42%), Vitamin B1: 0.24mg (16.06%), Zinc: 2.31mg (15.39%), Potassium: 535.64mg (15.3%), Vitamin B2: 0.21mg (12.58%), Fiber: 2.51g (10.04%), Vitamin E: 1.26mg (8.39%), Folate: 25.58µg (6.4%), Vitamin B12: 0.24µg (3.93%), Vitamin C: 1.36mg (1.64%)