



WHATSheATE



Sesame-Ginger Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



675 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.8 pounds chicken thighs bone-in
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons green onions sliced
- ☐ 5 teaspoons hoisin sauce
- ☐ 2 tablespoons brown sugar light
- ☐ 0.3 cup lower-sodium soy sauce

- ☐ 2 tablespoons orange juice fresh
- ☐ 1 tablespoon sesame oil
- ☐ 2 teaspoons sesame seed toasted
- ☐ 1 tablespoon water cold

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ slow cooker

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add chicken; cook 4 minutes on each side or until golden.
- ☐ Transfer chicken to a 4-quart electric slow cooker coated with cooking spray.
- ☐ Combine soy sauce and next 5 ingredients (through garlic); pour over chicken. Cover and cook on LOW for 2 1/2 hours or until chicken is tender.
- ☐ Transfer chicken to a platter; keep warm.
- ☐ Pour cooking liquid through a sieve into a small saucepan to measure 1 1/4 cups. Discard solids. Bring cooking liquid to a boil over medium-high heat.
- ☐ Combine cornstarch and 1 tablespoon cold water in a small bowl.
- ☐ Add cornstarch mixture to sauce, stirring with a whisk until blended. Return to a boil. Cook 1 minute or until sauce thickens, stirring constantly.
- ☐ Serve sauce over chicken.
- ☐ Sprinkle with sesame seeds and green onions.

Nutrition Facts



 **PROTEIN 26.96%**  **FAT 65.03%**  **CARBS 8.01%**

Properties

Glycemic Index:41, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:19.908261008885%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 674.98kcal (33.75%), Fat: 48.28g (74.28%), Saturated Fat: 12.48g (77.99%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 12.83g (4.67%), Sugar: 8.09g (8.99%), Cholesterol: 259.92mg (86.64%), Sodium: 861.93mg (37.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.04g (90.08%), Selenium: 50.35µg (71.94%), Vitamin B3: 12.67mg (63.35%), Vitamin B6: 0.97mg (48.27%), Phosphorus: 458.25mg (45.83%), Vitamin B12: 1.7µg (28.27%), Vitamin B5: 2.78mg (27.82%), Vitamin B2: 0.41mg (23.99%), Zinc: 3.57mg (23.78%), Potassium: 653.71mg (18.68%), Magnesium: 69.18mg (17.3%), Vitamin B1: 0.22mg (14.79%), Iron: 2.32mg (12.91%), Vitamin K: 12.3µg (11.71%), Copper: 0.21mg (10.35%), Manganese: 0.17mg (8.74%), Vitamin C: 5.16mg (6.25%), Folate: 21.83µg (5.46%), Vitamin A: 254.12IU (5.08%), Vitamin E: 0.71mg (4.75%), Calcium: 47.2mg (4.72%), Fiber: 0.53g (2.13%), Vitamin D: 0.27µg (1.77%)