



## Sesame-Pecan Crusted Chicken

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon five-spice powder chinese
- 2 pounds skinned and boned chicken breasts
- 1 tablespoon cornstarch
- 2 tablespoons flour all-purpose
- 0.8 teaspoon garlic powder
- 2 teaspoons green onions chopped
- 6 servings garnish: green onions sliced
- 1 cup pecans finely

- 0.3 cup pineapple crushed
- 1 tablespoon sesame seed
- 0.3 cup teriyaki sauce reduced-sodium
- 0.5 cup teriyaki sauce reduced-sodium
- 2 tablespoons vegetable oil
- 0.3 cup water

## Equipment

- frying pan

## Directions

- Combine chicken breasts and 1/3 cup teriyaki sauce in a large zip-top plastic freezer bag; seal and chill 10 minutes.
- Stir together pecans and next 4 ingredients in a shallow dish. Dredge chicken in pecan mixture.
- Cook chicken in hot oil in a large skillet over medium heat 6 minutes on each side or until golden.
- Remove to a serving platter, and keep warm. Reserve drippings in skillet.
- Stir together 1/2 cup teriyaki sauce, 1/4 cup water, and cornstarch until smooth; add crushed pineapple and green onions. Stir mixture into drippings in skillet, stirring to loosen browned particles. Cook over low heat, stirring constantly, 1 to 2 minutes or until thickened.
- Serve sauce over chicken.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:32.33, Glycemic Load:1.62, Inflammation Score:-5, Nutrition Score:22.149130334025%

## Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 394.29kcal (19.71%), Fat: 21.1g (32.47%), Saturated Fat: 2.67g (16.69%), Carbohydrates: 14.43g (4.81%), Net Carbohydrates: 12.19g (4.43%), Sugar: 7.88g (8.75%), Cholesterol: 96.77mg (32.26%), Sodium: 1709.64mg (74.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.78g (73.55%), Vitamin B3: 16.75mg (83.77%), Selenium: 50.98µg (72.83%), Vitamin B6: 1.24mg (61.93%), Phosphorus: 442.26mg (44.23%), Manganese: 0.84mg (41.89%), Vitamin B5: 2.4mg (23.99%), Magnesium: 92.71mg (23.18%), Vitamin K: 23.09µg (21.99%), Potassium: 765.94mg (21.88%), Copper: 0.36mg (18.01%), Vitamin B1: 0.26mg (17.62%), Vitamin B2: 0.23mg (13.25%), Iron: 2.24mg (12.47%), Zinc: 1.85mg (12.35%), Fiber: 2.24g (8.98%), Vitamin E: 0.94mg (6.23%), Folate: 23.72µg (5.93%), Calcium: 51.63mg (5.16%), Vitamin C: 4.25mg (5.15%), Vitamin B12: 0.3µg (5.04%), Vitamin A: 127.15IU (2.54%), Vitamin D: 0.15µg (1.01%)