



Sesame Toasts

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



133 kcal

Ingredients

- ☐ 12.5 inch thick baguette
- ☐ 1 tablespoon cornstarch
- ☐ 1 large egg white
- ☐ 1 clove garlic
- ☐ 3 tablespoons ginger peeled chopped
- ☐ 6 servings kosher salt
- ☐ 6 servings vegetable oil; peanut oil preferred for frying
- ☐ 1 tablespoon rice wine dry chinese
- ☐ 2 scallions white thinly sliced

- ☐ 0.3 cup sesame seed
- ☐ 0.5 pound chicken breasts boneless skinless cut into pieces

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat the oven to 200 degrees F. Arrange the bread on a baking sheet and toast in the oven until slightly dry, about 10 minutes; let cool.
- ☐ Meanwhile, drop the garlic into a food processor through the feed tube with the motor running.
- ☐ Add the ginger, 1 tablespoon at a time, until minced. Scrape down the food processor, then add the chicken, egg white, rice wine, cornstarch and 1 teaspoon salt; pulse into a smooth paste.
- ☐ Spread 1 tablespoon of the chicken mixture on each piece of toast and sprinkle with the scallions.
- ☐ Put the sesame seeds in a shallow bowl and dip the chicken-covered side of the toasts in the seeds. (The toasts can be covered and refrigerated at this point for up to 3 hours.)
- ☐ Heat about 1/2 inch of peanut oil in a deep skillet over medium-high heat until a deep-fry thermometer registers 325 degrees F. Working in batches, fry the toasts, chicken-side down, until golden brown and cooked through, about 4 minutes. Flip the toasts and cook 1 more minute.
- ☐ Drain on a paper-towel-lined plate. Season with salt and serve warm.

Nutrition Facts



 PROTEIN **31.76%**  FAT **48.51%**  CARBS **19.73%**

Properties

Glycemic Index:30.63, Glycemic Load:2.19, Inflammation Score:-3, Nutrition Score:7.8334782745527%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 133.48kcal (6.67%), Fat: 7.07g (10.88%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 6.47g (2.16%), Net Carbohydrates: 5.43g (1.97%), Sugar: 0.46g (0.52%), Cholesterol: 24.19mg (8.06%), Sodium: 281.51mg (12.24%), Alcohol: 0.4g (100%), Alcohol %: 0.63% (100%), Protein: 10.42g (20.84%), Selenium: 16.45µg (23.5%), Vitamin B3: 4.52mg (22.61%), Vitamin B6: 0.35mg (17.63%), Copper: 0.29mg (14.34%), Phosphorus: 128.3mg (12.83%), Manganese: 0.21mg (10.43%), Magnesium: 36.37mg (9.09%), Vitamin K: 8.55µg (8.14%), Iron: 1.34mg (7.42%), Calcium: 73.39mg (7.34%), Vitamin B1: 0.11mg (7.25%), Potassium: 212.91mg (6.08%), Vitamin B5: 0.59mg (5.85%), Vitamin B2: 0.1mg (5.84%), Zinc: 0.78mg (5.22%), Fiber: 1.05g (4.18%), Folate: 16.42µg (4.1%), Vitamin E: 0.57mg (3.83%), Vitamin C: 1.54mg (1.86%), Vitamin B12: 0.08µg (1.34%), Vitamin A: 51.83IU (1.04%)