



simplylo's Oven-Baked Sesame Chicken

 Dairy Free

READY IN



195 min.

SERVINGS



6

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup parsley dried
- ☐ 0.5 cup cooking sherry dry
- ☐ 2 tablespoons garlic minced
- ☐ 1 teaspoon ground ginger
- ☐ 0.8 teaspoon ground pepper black
- ☐ 0.5 cup seasoned bread crumbs italian
- ☐ 1 teaspoon paprika

- ☐ 0.3 cup sesame seed
- ☐ 0.5 cup soya sauce
- ☐ 1 cup wheat germ
- ☐ 1 meat from a rotisserie chicken whole cut into pieces

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Whisk together the soy sauce, sherry, garlic, brown sugar, and ginger in a bowl; pour into a large resealable plastic bag.
- ☐ Add the chicken pieces, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for at least 2 hours.
- ☐ Preheat an oven to 350 degrees F (175 degrees C). Spray a baking rack with cooking spray, and place on a baking sheet.
- ☐ Remove the chicken from the marinade, and shake off excess. Discard the remaining marinade.
- ☐ Mix the wheat germ, bread crumbs, sesame seeds, parsley, black pepper, and paprika together in a separate large resealable plastic bag.
- ☐ Add the chicken to the bag and shake to coat the pieces with the bread crumb mixture; transfer the coated chicken pieces to the prepared baking rack.
- ☐ Bake in the preheated oven until no longer pink at the bone and the juices run clear, about 1 hour. An instant-read thermometer inserted into the thickest part of a thigh, not touching bone, should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:0.76, Inflammation Score:-8, Nutrition Score:26.605652187182%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 46.91mg, Apigenin: 46.91mg, Apigenin: 46.91mg, Apigenin: 46.91mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 3.45mg, Isorhamnetin: 3.45mg, Isorhamnetin: 3.45mg, Isorhamnetin: 3.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 468.98kcal (23.45%), Fat: 24.79g (38.14%), Saturated Fat: 6.4g (40.02%), Carbohydrates: 25.75g (8.58%), Net Carbohydrates: 21.28g (7.74%), Sugar: 5.14g (5.71%), Cholesterol: 95.32mg (31.77%), Sodium: 1313.07mg (57.09%), Alcohol: 2.06g (100%), Alcohol %: 1.24% (100%), Protein: 33.17g (66.35%), Manganese: 3.24mg (162.15%), Vitamin B3: 11.82mg (59.1%), Selenium: 39.05µg (55.79%), Phosphorus: 444.54mg (44.45%), Vitamin B6: 0.86mg (43.14%), Vitamin B1: 0.6mg (40.25%), Zinc: 4.87mg (32.48%), Magnesium: 114.4mg (28.6%), Copper: 0.55mg (27.26%), Iron: 4.72mg (26.23%), Vitamin B2: 0.37mg (21.78%), Folate: 85.36µg (21.34%), Vitamin K: 21.47µg (20.45%), Fiber: 4.47g (17.89%), Vitamin B5: 1.78mg (17.81%), Potassium: 577.74mg (16.51%), Calcium: 128.52mg (12.85%), Vitamin A: 383.69IU (7.67%), Vitamin B12: 0.43µg (7.14%), Vitamin C: 4.44mg (5.38%), Vitamin E: 0.62mg (4.12%), Vitamin D: 0.25µg (1.69%)