



Sticky Sesame Chicken

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup honey
- 1 tablespoon juice of lemon fresh
- 0.5 cup sesame seed
- 2 pounds chicken thighs boneless skinless
- 0.3 cup soya sauce

Equipment

- bowl
- oven

baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- In a medium bowl, stir together the honey, soy sauce, lemon juice and sesame seeds. Dip the pieces of chicken into the sauce to coat, then place in a lightly greased 9x13 inch baking dish.
- Bake for about 45 minutes in the preheated oven, until chicken is cooked through and sauce is caramelized.

Nutrition Facts

PROTEIN 37.14% **FAT 32.04%** **CARBS 30.82%**

Properties

Glycemic Index:12.78, Glycemic Load:9.54, Inflammation Score:-3, Nutrition Score:13.386521652989%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 257.83kcal (12.89%), Fat: 9.33g (14.35%), Saturated Fat: 1.82g (11.39%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 18.98g (6.9%), Sugar: 17.59g (19.55%), Cholesterol: 107.73mg (35.91%), Sodium: 507.81mg (22.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.33g (48.67%), Selenium: 29.08µg (41.55%), Vitamin B3: 7.07mg (35.35%), Vitamin B6: 0.6mg (29.96%), Phosphorus: 281.45mg (28.14%), Copper: 0.46mg (23.2%), Zinc: 2.53mg (16.86%), Magnesium: 62.42mg (15.61%), Manganese: 0.3mg (15.11%), Vitamin B2: 0.24mg (14.31%), Vitamin B5: 1.41mg (14.1%), Iron: 2.53mg (14.08%), Vitamin B12: 0.73µg (12.1%), Vitamin B1: 0.18mg (12.06%), Calcium: 104.45mg (10.44%), Potassium: 350.02mg (10%), Fiber: 1.21g (4.85%), Folate: 15.73µg (3.93%), Vitamin K: 3.29µg (3.13%), Vitamin E: 0.23mg (1.54%), Vitamin C: 0.83mg (1.01%)