



Sweet 'n Sticky Sesame Chicken

 Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup chicken broth fat-free
- ☐ 0.5 teaspoon garlic crushed
- ☐ 1 tablespoon catsup
- ☐ 0.3 cup liquid egg substitute fat-free
- ☐ 2 tablespoons pancake syrup sugar-free
- ☐ 2 servings pepper flakes red

- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons scallions thinly sliced
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 0.5 teaspoon sesame oil
- ☐ 1 teaspoon sesame seed
- ☐ 10 ounces chicken breast raw boneless skinless lean cut into nuggets
- ☐ 0.5 tablespoon lite soy sauce reduced-sodium
- ☐ 0.3 cup flour whole-wheat

Equipment

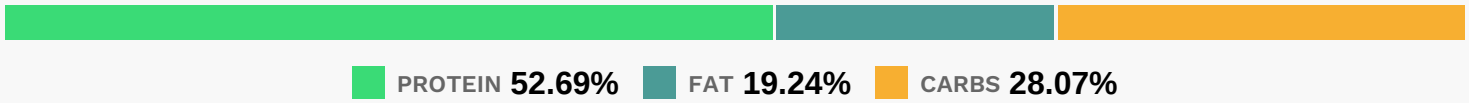
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ stove
- ☐ tongs

Directions

- ☐ Preheat oven to 375 degrees F. Spray a baking sheet with nonstick spray and set it aside. Season chicken with salt and pepper, and place in a bowl with egg substitute. Toss to coat and set aside. Put flour in another bowl. One at a time, use a fork or tongs to transfer chicken "nuggets" to the flour bowl, allowing excess egg substitute to drain back into the egg bowl. Thoroughly coat the chicken with flour and then transfer to the baking sheet. Repeat with the remaining flour and chicken.
- ☐ Bake the chicken in the oven until fully cooked, about 10 minutes. Meanwhile, to make the sauce, combine broth with cornstarch in a nonstick skillet and whisk to dissolve. Set stove to medium-low heat.
- ☐ Add syrup, vinegar, ketchup, soy sauce, sesame oil, and garlic.
- ☐ Mix well. Stirring often, cook until it's thick enough to coat a spoon, 2 to 3 minutes.

- ☐
- Remove skillet from heat.
- ☐
- Add chicken and toss to coat. Plate and sprinkle with sesame seeds and scallions. If you like, add a sprinkle of red pepper flakes. Eat up!

Nutrition Facts



Properties

Glycemic Index:97, Glycemic Load:0.25, Inflammation Score:-7, Nutrition Score:23.455217485842%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 280.08kcal (14%), Fat: 5.91g (9.09%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 19.4g (6.47%), Net Carbohydrates: 16.68g (6.06%), Sugar: 2.68g (2.98%), Cholesterol: 90.72mg (30.24%), Sodium: 839.92mg (36.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.41g (72.81%), Selenium: 68.82µg (98.32%), Vitamin B3: 16.33mg (81.64%), Vitamin B6: 1.25mg (62.53%), Phosphorus: 400.76mg (40.08%), Manganese: 0.77mg (38.7%), Vitamin B5: 2.69mg (26.92%), Potassium: 747.32mg (21.35%), Vitamin B2: 0.33mg (19.69%), Magnesium: 73.34mg (18.33%), Vitamin A: 803.51IU (16.07%), Vitamin B1: 0.23mg (15.02%), Vitamin K: 15.74µg (14.99%), Iron: 2.46mg (13.68%), Vitamin E: 1.78mg (11.84%), Zinc: 1.75mg (11.64%), Fiber: 2.72g (10.87%), Copper: 0.2mg (9.85%), Vitamin B12: 0.44µg (7.37%), Calcium: 60.96mg (6.1%), Folate: 24.25µg (6.06%), Vitamin C: 3.53mg (4.28%), Vitamin D: 0.62µg (4.14%)