



SESAME CHICKEN

 15 minutes

 30 minutes

 6 portions

INGREDIENTS

- 2 tsps of seeds, sesame seed kernels, dried (decorticated) [5 g]
- 3 oz of chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised [85 g]
- 2 tsps of honey [42 g]
- 2 tsps of soy sauce made from soy and wheat (shoyu), low sodium [28 g]
- 1/4 tsp of spices, ginger, ground [0 g]
- 1/2 tablespoon of oil, sesame, salad or cooking [7 g]

COOKING METHOD

- 1° toast sesame seeds in a skillet over medium heat. stir constantly for 1-2 minutes until toasted. remove from heat. set aside
- 2° cook chicken on George Foreman style grill for 6 minutes or

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [28 g]	% DRI
ENERGY	222 kcal	62 kcal	3 %
FAT	8 g	2 g	3 %
FATTY ACIDS, TOTAL SATURATED	1 g	0 g	2 %
CHOLESTEROL	59 mg	16 mg	5 %
SODIUM	634 mg	178 mg	7 %
CARBOHYDRATE	22 g	6 g	2 %
SUGARS	21 g	6 g	—
FIBER	1 g	0 g	1 %
PROTEIN	19 g	5 g	—