

Better Than Takeout Sesame Chicken

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-takeout-sesame-chicken-recipe>

Ingredients:

- 2 boneless skinless chicken breasts cut into bite size pieces
- 1 cup oil
- 2 teaspoons minced garlic
- 1 egg
- 1/2 cup flour
- 1/4 cup cornstarch
- 1/2 cup cold water
- 1 tablespoon canola oil
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup honey
- 1/2 cup water
- 1 tablespoon ketchup
- 1 tablespoon cornstarch
- 2 teaspoons rice vinegar
- 2 teaspoons sesame oil
- 1 teaspoon salt

Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 90 milligrams
4. Fat: 65 grams
5. Fiber: 1 grams
6. Protein: 16 grams
7. SaturatedFat: 6 grams
8. Sodium: 940 milligrams

9. Sugar: 36 grams

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