

Sesame Chicken

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 1 1/2 pounds boneless skinless chicken breasts cut into 1-inch chunks
- 1 1/2 cups cornstarch
- 1/2 cup all purpose flour
- 1/2 teaspoon baking soda
- 3 large egg whites beaten
- Mazola Corn Oil for frying
- sesame seeds for garnish, optional
- sliced green onions for garnish, optional
- 1 cup chicken stock
- 1/2 cup soy sauce
- 1/4 cup honey
- 1/4 cup rice wine vinegar
- 3 tablespoons brown sugar packed
- 2 tablespoons cornstarch
- 2 tablespoons sesame oil divided
- 2 garlic cloves minced
- 1 tablespoon fresh ginger grated
- 1 teaspoon chili paste

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 90 grams
3. Cholesterol: 110 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 44 grams
7. SaturatedFat: 3 grams
8. Sodium: 2290 milligrams
9. Sugar: 26 grams

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