

Sesame-Honey Chicken Stir-Fry

*Birds Eye frozen Food
Scripps Treasure Coast Newspapers*

Servings: 4

*1/4 cup honey
2 tablespoons rice vinegar
2 tablespoons soy sauce
3 tablespoons sesame oil, divided
1 1/4 pounds boneless/ skinless
chicken breasts, sliced into
1/4-by-1-inch strips
1 tablespoon chopped ginger
2 teaspoons minced garlic
1 package (16 ounce) frozen stir-fry
vegetables
3 cups hot cooked rice
2 tablespoons black sesame seeds*

In a small bowl, whisk the honey, vinegar and soy sauce.

In a wok, heat two tablespoons of oil over medium-high for 1 minute. Add the chicken and stir-fry for 3 minutes. Remove to a plate.

Add the remaining oil, ginger and garlic to the wok. Stir-fry for 30 seconds. Add the vegetables and cook for 5 minutes. Add the soy mixture. Cook until the mixture boils.

Add the chicken and stir-fry for about 3 minutes or until the chicken is thoroughly cooked.

Serve over rice, sprinkled with black sesame seeds.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 350 Calories; 11g Fat (27.1% calories from fat); 5g Protein; 60g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 522mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Vegetable; 2 Fat; 1 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	350	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	27.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	67.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	11g	Folacin (mcg):	83mcg
Saturated Fat (g):	2g	Niacin (mg):	3mg

Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 4g
Cholesterol (mg): 0mg
Carbohydrate (g): 60g
Dietary Fiber (g): 1g
Protein (g): 5g
Sodium (mg): 522mg
Potassium (mg): 95mg
Calcium (mg): 21mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 2 1/2
Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 1

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 350 **Calories from Fat:** 95

% Daily Values*

Total Fat 11g			16%
Saturated Fat 2g			8%
Cholesterol 0mg			0%
Sodium 522mg			22%
Total Carbohydrates 60g			20%
Dietary Fiber 1g			5%
Protein 5g			
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Vitamin A			0%
Vitamin C			1%
Calcium			2%
Iron			3%

* Percent Daily Values are based on a 2000 calorie diet.