



Beef Tenderloin Yakitori



Gluten Free



Dairy Free

READY IN



26 min.

SERVINGS



1

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 inch bamboo skewers
- ☐ 1 pound frangelico trimmed cut into 1-inch cubes
- ☐ 1 bunch spring onion cut into 1-inch pieces
- ☐ 0.3 cup mirin divided
- ☐ 2 tablespoons rice wine divided
- ☐ 1 teaspoon sesame oil
- ☐ 0.3 cup soya sauce divided
- ☐ 2 tablespoons sugar

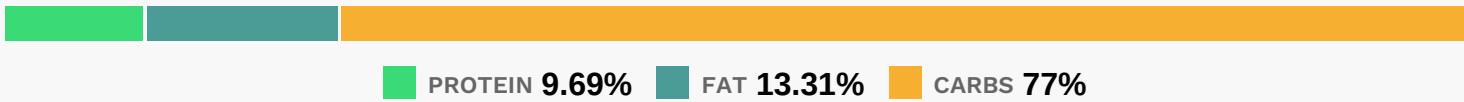
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Soak skewers in water at least 30 minutes.
- ☐ Combine 1 tablespoon each soy sauce, mirin, and sake in a medium bowl.
- ☐ Add beef, tossing to coat.
- ☐ Let stand 30 to 90 minutes.
- ☐ Combine remaining 3 tablespoons each soy sauce and mirin, remaining 1 tablespoon sake, and sugar in a small saucepan over medium-high heat. Simmer 5 to 8 minutes or until glaze is slightly syrupy. Set aside.
- ☐ Combine green onions and sesame oil; toss well. Thread green onion pieces and beef alternately onto skewers. Cover and chill until ready to grill.
- ☐ Grill skewers over medium-high heat (350 to 400
- ☐ minute. Turn skewers over; brush with glaze, and grill 1 to 2 minutes or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:149.09, Glycemic Load:17.62, Inflammation Score:-6, Nutrition Score:7.3400000230126%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 300.07kcal (15%), Fat: 4.24g (6.53%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 55.18g (18.39%), Net Carbohydrates: 53.88g (19.59%), Sugar: 39.67g (44.08%), Cholesterol: 0mg (0%), Sodium: 3696.98mg (160.74%), Alcohol: 10.73g (100%), Alcohol %: 2.04% (100%), Protein: 6.95g (13.89%), Vitamin K: 50.22µg (47.83%), Manganese: 0.35mg (17.64%), Vitamin B3: 2.44mg (12.19%), Iron: 1.83mg (10.15%), Phosphorus: 89.89mg (8.99%), Magnesium: 30.41mg (7.6%), Vitamin B6: 0.15mg (7.57%), Vitamin B2: 0.12mg (6.82%), Folate: 26.26µg (6.56%), Copper: 0.12mg (6%), Potassium: 209.37mg (5.98%), Vitamin C: 4.68mg (5.67%), Fiber: 1.3g (5.21%), Vitamin A: 241.26IU (4.83%), Vitamin B1: 0.05mg (3.43%), Calcium: 31.84mg (3.18%), Zinc: 0.45mg (3%), Vitamin B5: 0.25mg (2.5%), Vitamin E: 0.28mg (1.89%), Selenium: 1.25µg (1.78%)