



Beef Yakitori



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 1 teaspoon garlic minced pressed
- ☐ 8 spring onion trimmed to 4 inches from root end
- ☐ 0.5 cup soy sauce reduced-sodium
- ☐ 0.5 cup sherry sweet dry (rice wine)
- ☐ 2 teaspoons sesame seed toasted
- ☐ 0.8 pound tri-tip beef

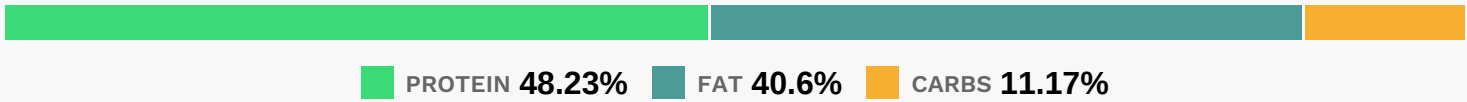
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ To make the marinade, combine the mirin, soy sauce, chicken broth, ginger, and garlic in a small saucepan. Bring to a boil and simmer for 1 minute.
- ☐ Pour the marinade into a shallow dish large enough to hold the meat and set aside to cool.
- ☐ Cut the beef into 24 (1–inch) squares about 1/2 inch thick.
- ☐ Add the beef to the cooled marinade, stir to evenly coat, and refrigerate for at least 1 hour, stirring occasionally.
- ☐ Cut the trimmed green onions into thirds. Soak 12 (4– to 6–inch) bamboo skewers in water for at least 1 hour.
- ☐ Preheat an outdoor grill.
- ☐ Thread 2 pieces of beef and green onion, alternating, onto one end of each skewer. Grill the skewers until the meat is nicely browned and just a bit pink in the center, about 2 minutes per side.
- ☐ Transfer the skewers to a plate or small platter and sprinkle with the sesame seeds. Set the plate on a warming tray to keep warm, if you wish.
- ☐ Marinate the beef for up to 8 hours, refrigerated. It is best to skewer the meat and grill just before serving.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:4.6047825813293%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 66.46kcal (3.32%), Fat: 2.66g (4.09%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 1.65g (0.55%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.38g (0.42%), Cholesterol: 18.91mg (6.3%), Sodium: 435.43mg (18.93%), Alcohol: 1.03g (100%), Alcohol %: 1.94% (100%), Protein: 7.1g (14.21%), Vitamin K: 16.97µg (16.16%), Selenium: 6.85µg (9.78%), Vitamin B3: 1.94mg (9.69%), Vitamin B6: 0.19mg (9.61%), Phosphorus: 78.85mg (7.88%), Zinc: 1.18mg (7.85%), Vitamin B12: 0.3µg (5.04%), Potassium: 160.77mg (4.59%), Manganese: 0.09mg (4.48%), Magnesium: 17.22mg (4.3%), Iron: 0.77mg (4.28%), Vitamin B2: 0.07mg (4.04%), Folate: 13.34µg (3.34%), Copper: 0.05mg (2.4%), Vitamin B1: 0.03mg (2.17%), Vitamin B5: 0.22mg (2.15%), Calcium: 21.03mg (2.1%), Vitamin C: 1.58mg (1.92%), Vitamin A: 80.01IU (1.6%), Fiber: 0.33g (1.31%), Vitamin E: 0.18mg (1.22%)