



Beef Yakitori



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 1 tablespoon ginger fresh minced finely grated
- ☐ 1 teaspoon garlic minced pressed
- ☐ 8 green onions trimmed to 4 inches from root end
- ☐ 0.5 cup soya sauce reduced-sodium
- ☐ 0.5 cup mirin sweet dry (rice wine)
- ☐ 2 teaspoons sesame seed toasted
- ☐ 0.8 pound tri-tip steak

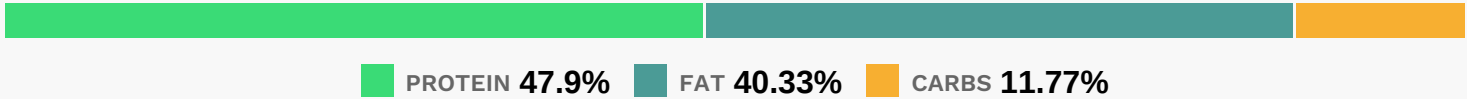
Equipment

- ☐ 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:10.58, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:4.6282608820044%

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 Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 66.93kcal (3.35%), Fat: 2.66g (4.1%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.41g (0.51%), Sugar: 0.39g (0.43%), Cholesterol: 18.91mg (6.3%), Sodium: 435.5mg (18.93%), Alcohol: 1.03g (100%), Alcohol %: 1.92% (100%), Protein: 7.11g (14.23%), Vitamin K: 16.97µg (16.17%), Selenium: 6.85µg (9.79%), Vitamin B3: 1.94mg (9.71%), Vitamin B6: 0.19mg (9.66%), Phosphorus: 79.05mg (7.9%), Zinc: 1.18mg (7.86%), Vitamin B12: 0.3µg (5.04%), Potassium: 163.19mg (4.66%), Manganese: 0.09mg (4.54%), Magnesium: 17.47mg (4.37%), Iron: 0.77mg (4.3%), Vitamin B2: 0.07mg (4.05%), Folate: 13.41µg (3.35%), Copper: 0.05mg (2.46%), Vitamin B1: 0.03mg (2.18%), Vitamin B5: 0.22mg (2.17%), Calcium: 21.12mg (2.11%), Vitamin C: 1.61mg (1.95%), Vitamin A: 80.01IU (1.6%), Fiber: 0.34g (1.35%), Vitamin E: 0.18mg (1.23%)