



Chicken and Scallion Skewers



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup mirin sweet (Japanese rice wine)
- ☐ 3 tablespoons sake dry
- ☐ 3 bunches scallions
- ☐ 1 lb chicken thighs boneless skinless cut into 1-inch pieces (3)
- ☐ 3 tablespoons soya sauce
- ☐ 2 teaspoons sugar
- ☐ 4 servings vegetable oil for brushing

Equipment

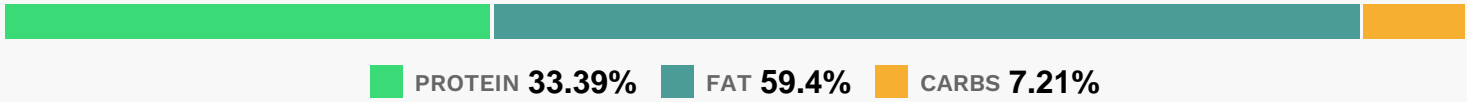
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ aluminum foil
- ☐ broiler
- ☐ skewers
- ☐ colander
- ☐ broiler pan

Directions

- ☐ Line bottom of a broiler pan with foil and cover with rack. Lightly brush rack with oil.
- ☐ Bring mirin, soy sauce, sake, and sugar to a boil in a 1-quart saucepan over moderately high heat, stirring until sugar is dissolved. Boil, uncovered, until reduced to about 1/3 cup, about 5 minutes.
- ☐ Remove from heat and reserve 1 1/2 tablespoons sauce in a small bowl for brushing after skewers are cooked.
- ☐ Cut white and pale green parts of scallions crosswise into 1 1/2-inch pieces (reserve scallion greens for another use).
- ☐ Cook scallions in a 2-quart saucepan of boiling (unsalted) water 1 minute, then drain in a colander. Immediately transfer to a bowl of ice and cold water to stop cooking.
- ☐ Drain, then pat scallions dry with paper towels.
- ☐ Preheat broiler. Thread 1 skewer alternately with chicken and scallions, using 3 pieces of each and piercing scallions crosswise through center.
- ☐ Place skewer on rack of broiler pan, then brush both sides generously with sauce. Repeat with remaining skewers, arranging all skewers in same direction. (You may have some chicken and scallion pieces left over.)
- ☐ Cover exposed skewers (but not chicken or scallions) with a strip of foil to prevent scorching.
- ☐ Broil skewers 4 to 6 inches from heat until chicken is slightly charred, about 4 minutes.
- ☐ Remove foil and brush both sides with more sauce, then turn skewers over and replace foil. Broil until other side of chicken is slightly charred and cooked through, about 4 minutes more.

- ☐
- Serve warm or at room temperature. Just before serving, coat skewers with reserved sauce using cleaned brush.
- ☐
- Sauce can be made 2 days ahead and cooled, uncovered, then chilled, covered. •Skewers can be assembled, but not brushed with sauce, 1 day ahead and chilled, covered.
- ☐
- Brush with sauce before broiling as directed.

Nutrition Facts



Properties

Glycemic Index:33.02, Glycemic Load:1.81, Inflammation Score:-4, Nutrition Score:13.686086903448%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 309.59kcal (15.48%), Fat: 18.71g (28.79%), Saturated Fat: 3.31g (20.69%), Carbohydrates: 5.11g (1.7%), Net Carbohydrates: 4.53g (1.65%), Sugar: 2.75g (3.06%), Cholesterol: 107.73mg (35.91%), Sodium: 858.8mg (37.34%), Alcohol: 3.57g (100%), Alcohol %: 2.42% (100%), Protein: 23.67g (47.34%), Vitamin K: 66.34µg (63.18%), Selenium: 26.08µg (37.25%), Vitamin B3: 6.97mg (34.87%), Vitamin B6: 0.55mg (27.41%), Phosphorus: 239.19mg (23.92%), Vitamin B5: 1.43mg (14.3%), Vitamin B2: 0.24mg (13.98%), Zinc: 1.87mg (12.46%), Vitamin B12: 0.73µg (12.1%), Potassium: 367.9mg (10.51%), Vitamin E: 1.45mg (9.66%), Magnesium: 37.11mg (9.28%), Iron: 1.54mg (8.58%), Vitamin B1: 0.12mg (8.03%), Manganese: 0.13mg (6.38%), Copper: 0.1mg (4.93%), Folate: 18.6µg (4.65%), Vitamin A: 206.68IU (4.13%), Vitamin C: 3.38mg (4.1%), Calcium: 27.65mg (2.76%), Fiber: 0.58g (2.3%)