



WHATSheATE



Chicken-Meatball Yakitori



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound coarsely ground chicken
- ☐ 2 teaspoons kosher salt
- ☐ 1 lemon zest finely grated
- ☐ 0.3 cup mirin
- ☐ 0.3 cup sugar raw
- ☐ 0.3 cup sake
- ☐ 1 medium shallots minced
- ☐ 0.3 cup soya sauce

☐ 1 tablespoon vegetable oil

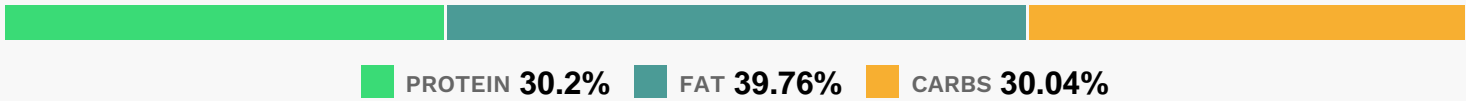
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ skewers

Directions

- ☐ In a saucepan, combine the sake, soy sauce, sugar and 1/4 cup of the mirin; boil until reduced to 3/4 cup, 3 minutes.
- ☐ Let cool.
- ☐ Preheat the oven to 37
- ☐ In a bowl, combine the chicken, salt, shallot, zest and the remaining 2 tablespoons of mirin. Lightly coat a rimmed baking sheet with 1 teaspoon of the oil. Form the chicken mixture into 24 meatballs.
- ☐ Brush the meatballs with the remaining 2 teaspoons of oil and arrange them on the baking sheet.
- ☐ Bake for about 6 minutes, until the meatballs are barely cooked through.
- ☐ Light a grill. Thread the meatballs onto 8 bamboo skewers and grill over moderately high heat, turning, until lightly charred, about 2 minutes. Reduce the heat to low and brush the meatballs with the sauce. Grill, turning and brushing, until glazed, 30 seconds longer.
- ☐ Serve with the remaining sauce.

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.3486956435701%

Nutrients (% of daily need)

Calories: 39.7kcal (1.99%), Fat: 1.68g (2.59%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 2.8g (1.02%), Sugar: 2.22g (2.47%), Cholesterol: 13mg (4.33%), Sodium: 287.35mg (12.49%), Alcohol: 0.52g (100%), Alcohol %: 2.68% (100%), Protein: 2.87g (5.75%), Vitamin B3: 0.92mg (4.61%), Vitamin B6: 0.08mg (4.22%), Phosphorus: 30.09mg (3.01%), Potassium: 87.14mg (2.49%), Vitamin B2: 0.04mg (2.34%), Selenium: 1.6µg (2.28%), Vitamin B5: 0.18mg (1.75%), Zinc: 0.24mg (1.57%), Vitamin B12: 0.08µg (1.41%), Vitamin B1: 0.02mg (1.22%), Magnesium: 4.31mg (1.08%), Iron: 0.19mg (1.06%)