



Chicken Yakitori

 Dairy Free

READY IN



160 min.

SERVINGS



4

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 4 tablespoons canola oil
- ☐ 8 ounces rice noodles according to directions cold cooked drained well
- ☐ 0.3 cup daikon radish pureed
- ☐ 3 dashes hot sauce such as tabasco, plus more for serving
- ☐ 2 teaspoons juice of lime
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.3 cup mirin

- ☐ 8 ounces mizuna
- ☐ 4 tablespoons rice vinegar
- ☐ 0.3 cup sake
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 pounds chicken thighs boneless skinless
- ☐ 2 tablespoons soya sauce
- ☐ 2 teaspoons sugar

Equipment

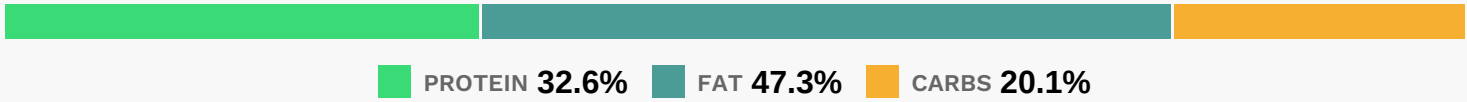
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ cutting board
- ☐ wooden skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 6-inch wooden skewers, soaked in cold water for at least 1 hour
- ☐ Whisk together the radish puree, mirin, sake, oil, soy and hot sauce in a large bowl.
- ☐ Add the chicken and toss to coat. Cover and refrigerate for at least 2 and up to 8 hours.
- ☐ Preheat a charcoal grill or kamado-style ceramic charcoal cooker for direct grilling over high heat.
- ☐ Using 2 skewers for each chicken thigh, thread the edges of the meat onto the skewers.
- ☐ Sprinkle with salt and pepper. Grill until charred and cooked through, about 6 minutes per side.
- ☐ Transfer to a cutting board.
- ☐ Whisk together the oil, rice vinegar, soy, lime juice and sugar in a large bowl and season with pepper.

- ☐ Pour some over the mizuna, toss to coat and mound in a large shallow serving bowl. Toss the noodles with the remaining dressing and mound in the center of the mizuna.
- ☐ Cut the chicken thighs in half down the middle between the skewers to make kebabs. Arrange the skewers spoke-like around the mizuna, chicken toward the center, drizzle with additional hot sauce and serve.

Nutrition Facts



Properties

Glycemic Index:70.4, Glycemic Load:8.64, Inflammation Score:-9, Nutrition Score:31.102608763653%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg, Isorhamnetin: 9.19mg Kaempferol: 21.74mg, Kaempferol: 21.74mg, Kaempferol: 21.74mg, Kaempferol: 21.74mg Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg

Nutrients (% of daily need)

Calories: 611.08kcal (30.55%), Fat: 30.72g (47.27%), Saturated Fat: 3.91g (24.42%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 26.72g (9.72%), Sugar: 7.8g (8.66%), Cholesterol: 215.46mg (71.82%), Sodium: 1169.47mg (50.85%), Alcohol: 5.19g (100%), Alcohol %: 1.47% (100%), Protein: 47.65g (95.31%), Vitamin K: 168.04µg (160.03%), Selenium: 54.86µg (78.37%), Vitamin B3: 13.63mg (68.14%), Vitamin B6: 1.15mg (57.51%), Vitamin C: 42.09mg (51.02%), Phosphorus: 497.34mg (49.73%), Vitamin A: 1770.93IU (35.42%), Vitamin E: 5.26mg (35.08%), Vitamin B2: 0.5mg (29.49%), Vitamin B5: 2.92mg (29.21%), Zinc: 3.85mg (25.68%), Potassium: 849.06mg (24.26%), Vitamin B12: 1.45µg (24.19%), Magnesium: 84.02mg (21.01%), Vitamin B1: 0.27mg (18.03%), Iron: 3.21mg (17.85%), Copper: 0.27mg (13.57%), Fiber: 2.66g (10.64%), Manganese: 0.2mg (10.23%), Calcium: 96.82mg (9.68%), Folate: 25.02µg (6.25%)