

# Chicken Yakitori



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



45

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.3 cup katsuo bushi
- ☐ 1 piece ginger fresh peeled
- ☐ 0.5 ounce kombu (see Note)
- ☐ 0.5 cup brown sugar light
- ☐ 0.8 cup mirin
- ☐ 3 cups sake
- ☐ 2 bunches scallions cut into 1-inch lengths ( 12)
- ☐ 3 pounds chicken thighs boneless skinless cut into 1 1/2-inch pieces

- ☐ 1 cup soya sauce
- ☐ 45 servings vegetable oil for brushing
- ☐ 1.5 cups water

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ grill
- ☐ skewers

## Directions

- ☐ In a saucepan, bring the water and kombu to a simmer.
- ☐ Add the bonito and return to a simmer.
- ☐ Remove the pan from the heat and let stand for 3 minutes. Strain the broth into a large saucepan.
- ☐ Add the sake, soy sauce, mirin and sugar to the broth and boil over moderately high heat, stirring occasionally, until slightly thickened, 45 minutes.
- ☐ Meanwhile, soak 16 bamboo skewers in water for 20 minutes; drain. Alternately thread the chicken and scallions onto the skewers.
- ☐ Finely grate the ginger into a small, fine strainer set over a bowl. Press the juice from the ginger; you should have 2 tablespoons.
- ☐ Light a grill.
- ☐ Brush the chicken and scallions with oil and grill over moderate heat, turning, until just cooked through, 10 minutes. Just before removing them from the grill, brush the skewers with the ginger juice and soy glaze.
- ☐ Serve, passing more glaze for dipping.

## Nutrition Facts



 PROTEIN **15.67%**  FAT **73.15%**  CARBS **11.18%**

Properties

Glycemic Index:1.38, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:4.3230434967124%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 204.33kcal (10.22%), Fat: 15.25g (23.47%), Saturated Fat: 2.45g (15.3%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 5.16g (1.88%), Sugar: 3.41g (3.79%), Cholesterol: 29.61mg (9.87%), Sodium: 350.83mg (15.25%), Alcohol: 2.97g (100%), Alcohol %: 4.56% (100%), Protein: 7.35g (14.71%), Vitamin K: 29.04µg (27.66%), Selenium: 7.14µg (10.2%), Vitamin B3: 1.9mg (9.52%), Vitamin E: 1.21mg (8.06%), Vitamin B6: 0.15mg (7.34%), Phosphorus: 64.89mg (6.49%), Vitamin B5: 0.39mg (3.89%), Vitamin B2: 0.06mg (3.69%), Zinc: 0.5mg (3.3%), Vitamin B12: 0.19µg (3.23%), Potassium: 107.53mg (3.07%), Magnesium: 10.94mg (2.73%), Iron: 0.43mg (2.37%), Vitamin B1: 0.03mg (2.07%), Manganese: 0.03mg (1.74%), Copper: 0.03mg (1.47%)