

Chicken Yakitori

 Dairy Free

READY IN



23 min.

SERVINGS



13

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 inch flat wooden skewers
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 garlic cloves minced
- ☐ 8 green onions cut into 2-inch lengths
- ☐ 0.5 cup mirin sweet (rice wine)
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 pound chicken thighs boneless skinless cut into 1-inch cubes
- ☐ 0.3 cup soya sauce

☐ 3 tablespoons sugar

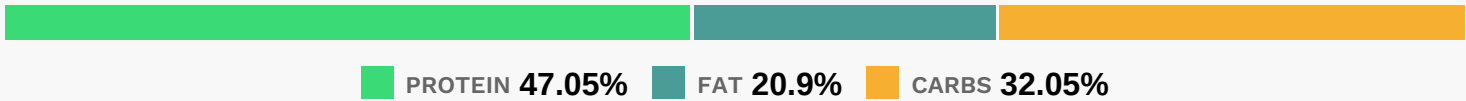
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Soak skewers in water 30 minutes. Preheat grill to medium-high heat (350 to 400).
- ☐ Combine mirin and next 5 ingredients in a small saucepan over medium-high heat. Bring to a boil, and cook 10 minutes or until slightly thickened and reduced to about 1/2 cup.
- ☐ Let cool. Reserve 3 tablespoons glaze.
- ☐ Thread chicken and green onions evenly onto skewers.
- ☐ Brush skewers with soy glaze.
- ☐ Grill skewers 4 to 5 minutes on each side.
- ☐ Brush with reserved soy glaze before serving.

Nutrition Facts



Properties

Glycemic Index:19.93, Glycemic Load:2.94, Inflammation Score:-2, Nutrition Score:4.253913026789%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 75.12kcal (3.76%), Fat: 1.49g (2.3%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 4.85g (1.76%), Sugar: 3.03g (3.36%), Cholesterol: 33.15mg (11.05%), Sodium: 290.83mg (12.64%), Alcohol: 1.49g (100%), Alcohol %: 3.07% (100%), Protein: 7.56g (15.11%), Vitamin K: 16.35µg (15.57%), Selenium: 8.19µg (11.7%), Vitamin B3: 2.21mg (11.04%), Vitamin B6: 0.18mg (8.83%), Phosphorus: 76.85mg (7.69%), Vitamin B2: 0.08mg (4.56%), Vitamin B5: 0.45mg (4.51%), Zinc: 0.6mg (4.02%), Vitamin B12: 0.22µg (3.72%), Potassium:

124.4mg (3.55%), Magnesium: 12.65mg (3.16%), Iron: 0.54mg (3.03%), Vitamin B1: 0.04mg (2.89%), Manganese: 0.06mg (2.84%), Copper: 0.04mg (1.92%), Vitamin C: 1.56mg (1.89%), Vitamin A: 93.44IU (1.87%), Folate: 7.38µg (1.85%), Calcium: 12.23mg (1.22%), Fiber: 0.3g (1.18%)