

Chicken Yakitori



Gluten Free



Dairy Free

READY IN



19 min.

SERVINGS



11

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons sesame oil dark
- ☐ 1.5 tablespoons ginger fresh grated
- ☐ 2 large garlic cloves pressed
- ☐ 6 green onions
- ☐ 1 pound chicken breast boneless skinless cut into 1
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup teriyaki marinade and sauce (with kikkoman)

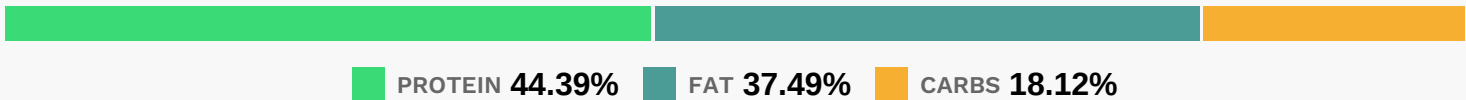
Equipment

- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Cut white and pale green parts of green onions into 1 1/2" pieces. Thinly slice dark green onion tops. Set aside.
- ☐ Combine marinade, ginger, garlic, sugar, and sesame oil in a zip-top plastic freezer bag; add chicken and 1 1/2" green onion pieces, turning to coat. Seal and chill for at least 30 minutes or up to 2 hours.
- ☐ Meanwhile, soak 8 (6") wooden skewers in water to cover for 30 minutes.
- ☐ Drain.
- ☐ Thread marinated chicken and green onion pieces onto skewers, discarding marinade. Grill over medium-high heat (350 to 400°F)
- ☐ for 3 to 4 minutes on each side or until chicken is done.
- ☐ Transfer skewers to an appetizer platter, and sprinkle with thinly sliced green onions.

Nutrition Facts



Properties

Glycemic Index:13.37, Glycemic Load:0.93, Inflammation Score:-2, Nutrition Score:5.3839129066986%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 89.03kcal (4.45%), Fat: 3.64g (5.6%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 3.75g (1.36%), Sugar: 3.11g (3.45%), Cholesterol: 26.39mg (8.8%), Sodium: 550.49mg (23.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.7g (19.4%), Vitamin B3: 4.51mg (22.56%), Selenium: 13.47µg (19.24%), Vitamin B6: 0.33mg (16.71%), Vitamin K: 13.99µg (13.32%), Phosphorus: 110.34mg (11.03%), Vitamin B5: 0.62mg (6.24%), Potassium: 206.26mg (5.89%), Magnesium: 20.56mg (5.14%), Vitamin B2: 0.06mg (3.34%), Iron:

0.49mg (2.71%), Vitamin C: 1.94mg (2.36%), Vitamin B1: 0.04mg (2.35%), Zinc: 0.29mg (1.92%), Folate: 7.01µg (1.75%), Copper: 0.03mg (1.68%), Vitamin A: 77.68IU (1.55%), Manganese: 0.03mg (1.4%), Vitamin B12: 0.08µg (1.37%), Calcium: 11.2mg (1.12%), Vitamin E: 0.15mg (1.02%)