



WHATSheATE



Dakkochi (Korean Skewered Chicken)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 pound chicken breast cut into bite sized pieces)
- ☐ 3 cloves garlic grated ()
- ☐ 1 inch ginger grated ()
- ☐ 1 green onions chopped ()
- ☐ 0.5 small onion grated ()
- ☐ 0.5 asian pear grated ()
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 tablespoon sesame oil
- ☐ 0.3 cup soya sauce

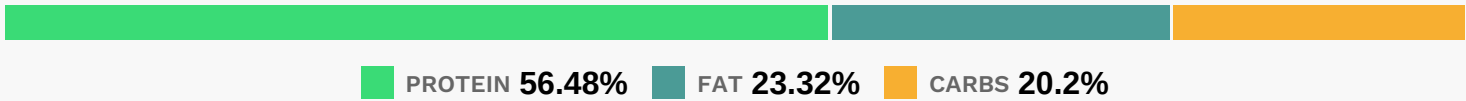
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Mix everything in a freezer bag and marinate for at least an hour.
- ☐ Skewer the chicken on wet skewers and set aside.
- ☐ Strain the solids from the marinade and simmer the marinade until it thickens and becomes saucy, about 5–10 minutes.
- ☐ Grill the chicken until cooked, about 5 minutes per side basting it with the marinade as you go.

Nutrition Facts



Properties

Glycemic Index:46.94, Glycemic Load:1.59, Inflammation Score:-3, Nutrition Score:13.041304396546%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 187.05kcal (9.35%), Fat: 4.78g (7.35%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 8.16g (2.97%), Sugar: 5.82g (6.47%), Cholesterol: 72.57mg (24.19%), Sodium: 944.04mg (41.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.02g (52.04%), Vitamin B3: 12.5mg (62.48%), Selenium:

36.86µg (52.66%), Vitamin B6: 0.93mg (46.47%), Phosphorus: 267.66mg (26.77%), Vitamin B5: 1.72mg (17.17%), Potassium: 519.11mg (14.83%), Magnesium: 40.11mg (10.03%), Manganese: 0.18mg (8.78%), Vitamin B2: 0.15mg (8.78%), Vitamin K: 7.93µg (7.56%), Vitamin B1: 0.09mg (6.3%), Zinc: 0.8mg (5.36%), Iron: 0.95mg (5.28%), Vitamin C: 4.32mg (5.23%), Fiber: 1.15g (4.59%), Copper: 0.09mg (4.4%), Vitamin B12: 0.23µg (3.78%), Folate: 12.6µg (3.15%), Calcium: 22.14mg (2.21%), Vitamin E: 0.29mg (1.95%), Vitamin A: 70.55IU (1.41%)