



 **26%**
HEALTH SCORE

Yakitori

 **Gluten Free**  **Dairy Free**

READY IN



95 min.

SERVINGS



1

CALORIES



5082 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons ginger fresh minced
- 2 teaspoons garlic minced
- 1 cup mirin
- 0.3 cup rice wine (rice wine)
- 0.3 cup rice wine (rice wine)
- 0.3 cup rice wine (rice wine)
- 0.3 cup soya sauce
- 0.5 cup caster sugar

2 pounds strips. cut into 1 1/2-in. pieces

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Equipment

bowl

sauce pan

grill

skewers

Directions

In a medium saucepan, combine mirin, sake, sugar, ginger, garlic, and soy sauce. Bring to a boil over high heat and cook until sugar has dissolved and sauce has thickened slightly, about 8 minutes.

Remove from heat and let cool completely.

Put chicken in a large bowl, pour marinade over it, and turn to coat. Chill at least 1 hour and up to 3 hours.

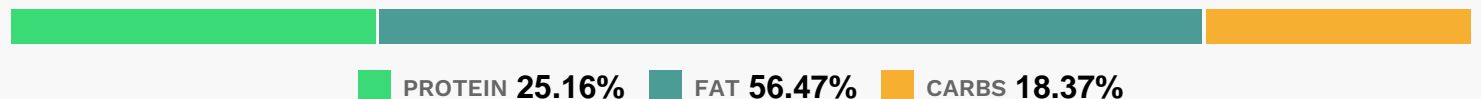
Prepare a charcoal or gas grill for medium heat (350 to 450; you can hold your hand 5 in. above cooking grate only 5 to 7 seconds). Thread chicken onto skewers.

Transfer marinade to a small saucepan and boil over high heat until it has the consistency of barbecue sauce, about 15 minutes.

Grill skewers (cover if using gas), basting with thickened marinade and turning frequently to prevent scorching, until chicken is caramelized and no longer pink in center (cut to test), about 6 minutes.

Serve with remaining sauce on the side.

Nutrition Facts



Properties

Glycemic Index:130.09, Glycemic Load:71.11, Inflammation Score:-8, Nutrition Score:60.958260805711%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 5081.93kcal (254.1%), Fat: 301.88g (464.43%), Saturated Fat: 81.29g (508.05%), Carbohydrates: 221.03g (73.68%), Net Carbohydrates: 220.16g (80.06%), Sugar: 156.61g (174.02%), Cholesterol: 1778.08mg (592.69%), Sodium: 6450.98mg (280.48%), Alcohol: 62.24g (100%), Alcohol %: 3.2% (100%), Protein: 302.59g (605.17%), Selenium: 344.66µg (492.37%), Vitamin B3: 86.7mg (433.49%), Vitamin B6: 6.44mg (321.8%), Phosphorus: 2970.44mg (297.04%), Vitamin B12: 11.61µg (193.53%), Vitamin B5: 18.72mg (187.16%), Zinc: 23.1mg (154.03%), Vitamin B2: 2.51mg (147.85%), Potassium: 3986.58mg (113.9%), Magnesium: 389.85mg (97.46%), Vitamin B1: 1.39mg (92.82%), Iron: 14.01mg (77.85%), Copper: 1.08mg (54.09%), Vitamin K: 38.22µg (36.4%), Manganese: 0.72mg (35.8%), Vitamin A: 1415.75IU (28.31%), Vitamin E: 3.85mg (25.68%), Calcium: 182.85mg (18.28%), Folate: 66.59µg (16.65%), Vitamin D: 1.81µg (12.1%), Fiber: 0.87g (3.48%), Vitamin C: 2.57mg (3.12%)