



## Yakitori



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons ginger fresh grated peeled
- ☐ 2 garlic cloves minced
- ☐ 5 green onions cut into 4 (2-inch) pieces
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 0.3 cup sake (rice wine)
- ☐ 1 pound chicken thighs boneless skinless cut into 24 bite-sized pieces
- ☐ 3 tablespoons sugar

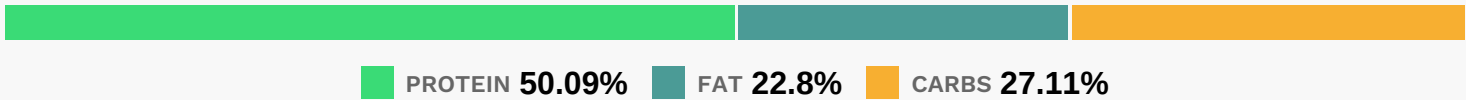
# Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ skewers
- ☐ grill pan

# Directions

- ☐ Combine first 6 ingredients in a small saucepan. Bring to a boil; cook until reduced to 1/4 cup (about 2 1/2 minutes).
- ☐ Remove from heat; cool.
- ☐ Combine soy sauce mixture and the chicken. Cover and marinate in refrigerator for 1 hour.
- ☐ Heat a large grill pan over medium-high heat.
- ☐ Thread 6 chicken cubes and 5 green onion pieces alternately onto each of 4 (10-inch) skewers.
- ☐ Brush kebabs with the soy mixture. Coat pan with cooking spray.
- ☐ Place kebabs in pan, and cook 4 minutes on each side or until the chicken is done.

# Nutrition Facts



# Properties

Glycemic Index:36.77, Glycemic Load:6.73, Inflammation Score:-4, Nutrition Score:12.355652228646%

# Flavonoids

Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

# Nutrients (% of daily need)

Calories: 208.97kcal (10.45%), Fat: 4.82g (7.41%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 12.89g (4.3%), Net Carbohydrates: 12.24g (4.45%), Sugar: 9.49g (10.55%), Cholesterol: 107.73mg (35.91%), Sodium: 680.22mg (29.57%), Alcohol: 2.41g (100%), Alcohol %: 1.76% (100%), Protein: 23.81g (47.62%), Selenium: 26.32µg (37.61%),

Vitamin B3: 6.64mg (33.22%), Vitamin K: 34.5µg (32.86%), Vitamin B6: 0.57mg (28.3%), Phosphorus: 248.82mg (24.88%), Vitamin B2: 0.26mg (15.1%), Vitamin B5: 1.44mg (14.4%), Zinc: 1.95mg (12.98%), Vitamin B12: 0.73µg (12.1%), Potassium: 402.23mg (11.49%), Magnesium: 43.04mg (10.76%), Vitamin B1: 0.12mg (8.06%), Iron: 1.43mg (7.96%), Manganese: 0.15mg (7.26%), Folate: 21.61µg (5.4%), Copper: 0.1mg (4.97%), Vitamin A: 213.96IU (4.28%), Vitamin C: 3.46mg (4.2%), Calcium: 30.31mg (3.03%), Vitamin E: 0.41mg (2.73%), Fiber: 0.65g (2.59%)