



Yakitori



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



1

CALORIES



2881 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons ginger fresh minced
- ☐ 2 teaspoons garlic minced
- ☐ 1 cup mirin
- ☐ 0.3 cup sake (rice wine)
- ☐ 0.3 cup soya sauce
- ☐ 0.5 cup caster sugar
- ☐ 2 pounds boned cut into 1 1/2-in. pieces

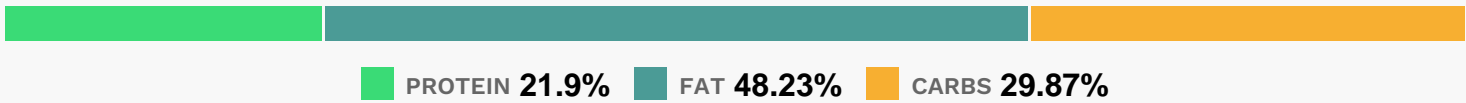
Equipment

- ☐ 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:47.266956350078%

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: 2880.79kcal (144.04%), Fat: 151.2g (232.61%), Saturated Fat: 40.66g (254.15%), Carbohydrates: 210.76g (70.25%), Net Carbohydrates: 209.89g (76.32%), Sugar: 156.61g (174.02%), Cholesterol: 889.04mg (296.35%), Sodium: 5749.25mg (249.97%), Alcohol: 36.48g (100%), Alcohol %: 3.3% (100%), Protein: 154.46g (308.92%), Selenium: 172.78µg (246.83%), Vitamin B3: 44.57mg (222.84%), Vitamin B6: 3.32mg (166.22%), Phosphorus: 1527.49mg (152.75%), Vitamin B12: 5.81µg (96.77%), Vitamin B5: 9.5mg (94.99%), Zinc: 11.73mg (78.22%), Vitamin B2: 1.32mg (77.41%), Potassium: 2086.85mg (59.62%), Magnesium: 207.89mg (51.97%), Vitamin B1: 0.72mg (48.07%), Iron: 7.77mg (43.19%), Copper: 0.6mg (30.24%), Manganese: 0.57mg (28.55%), Vitamin K: 19.17µg (18.25%), Vitamin A: 708.14IU (14.16%), Vitamin E: 1.95mg (12.98%), Calcium: 102.27mg (10.23%), Folate: 39.38µg (9.84%), Vitamin D: 0.91µg (6.05%), Fiber: 0.87g (3.48%), Vitamin C: 2.57mg (3.12%)