

Restaurant-Style Japanese Sesame Chicken

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/best-japanese-sesame-chicken-recipe>

Ingredients:

- 1/4 cup honey plus 1 tablespoon
- 1/3 cup mirin sweet Japanese rice wine
- 1/3 cup soy sauce low sodium, or tamari
- 1/4 cup rice vinegar
- 1 tablespoon sesame oil
- 4 chicken breasts thinly sliced or flattened to 1/2-inch thick,, 1 1/2 -2 pounds
- 2 cloves garlic minced
- 1 tablespoon sesame seeds
- 1 tablespoon chives thinly sliced
- 1 teaspoon red pepper flakes
- 1 lemon
- vegetable oil for grill

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 145 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 50 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1470 milligrams
9. Sugar: 18 grams

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