

# Japanese Sticky Chicken

Yield: 5 min  
Total Time: 31 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-7-spice-mix-recipe>

## Ingredients:

- 1 tablespoon fresh ginger minced
- 1/4 cup mirin
- 1/4 cup honey
- 1/4 cup low sodium soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1 teaspoon spice blend togarashi, optional
- 2 bone-in, skin-on chicken breasts
- 4 bone-in, skin-on chicken legs
- 3 scallions chopped

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 160 milligrams
4. Fat: 18 grams
5. Protein: 45 grams
6. SaturatedFat: 4.5 grams
7. Sodium: 670 milligrams
8. Sugar: 14 grams

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