

# Chicken Yakitori with Honey Sauce

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-style-bamboo-shoot-recipe>

## Ingredients:

- low sodium soy sauce 1/2 cup light, that is to say
- 1/4 cup mirin or other rice wine
- 1/4 cup sake
- 3 tablespoons honey or a little less, if you haven't a sweet tooth
- 2 cloves garlic minced
- 2 tablespoons ginger peeled and grated
- 2 scallions white and green parts, finely chopped
- 2 1/2 pounds skinless boneless chicken thighs
- salt
- sesame oil for brushing
- 24 bamboo skewers, soaked in water for at least 30 minutes

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 120 milligrams
4. Fat: 9 grams
5. Protein: 40 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 450 milligrams
8. Sugar: 9 grams

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