

# Yakitori (Japanese Grilled Chicken)

Yield: 12 min  
Total Time: 50 min

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

## Ingredients:

- 1 1/2 pounds skinless chicken thighs boneless, preferably free range and organic
- 1 cup soy sauce preferably organic\*\*\*
- 1/4 cup pure maple syrup

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 50 milligrams
4. Fat: 9 grams
5. Protein: 11 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 1240 milligrams
8. Sugar: 4 grams

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