

Japanese Chicken Meatballs

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-eggplant-appetizer-recipe-with-panko>

Ingredients:

- 14 ounces ground chicken dark meat/thigh preferred
- 1/2 yellow onion finely chopped, 1/2 cup
- 1 piece ginger peeled and finely grated
- 1/2 cup panko
- 1 1/2 teaspoons potato starch or cornstarch
- 1 large egg white
- 1 teaspoon kosher salt
- 1/4 cup low sodium soy sauce or 2 tablespoons regular soy sauce
- 2 tablespoons sake
- 2 tablespoons mirin
- 2 teaspoons sugar
- 2 tablespoons vegetable oil
- 1 egg yolk a quality and freshness you feel comfortable eating raw, per person
- shichimi togarashi
- gochugaru

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 140 milligrams
4. Fat: 17 grams
5. Fiber: 3 grams
6. Protein: 21 grams
7. SaturatedFat: 3 grams
8. Sodium: 1240 milligrams
9. Sugar: 4 grams

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