

Beef Kushiyaki

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/home-chef-japanese-sirloin-steak-recipe>

Ingredients:

- 2 1/2 tablespoons mirin Japanese sweet wine
- 1 clove garlic minced
- 1/3 cup soy sauce
- 1/8 teaspoon monosodium glutamate such as Aji-No-Moto®
- 1/3 cup white sugar
- 1 pound sirloin steak beef, cut paper-thin
- 3 green onions cut into 2-inch slices

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 25 milligrams
4. Fat: 2.5 grams
5. Protein: 13 grams
6. SaturatedFat: 1 grams
7. Sodium: 670 milligrams
8. Sugar: 9 grams

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