

# Yakitori Meatballs, Japanese Teriyaki Meatballs

Yield: 14 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-teriyaki-meatballs-recipe>

## Ingredients:

- 1 pound ground chicken breast
- 1 ounce chives or green onions, finely chopped
- 1/2 tablespoon ginger finely chopped
- 4 tablespoons cornstarch or potato starch
- 1/2 egg or 1 egg white
- 1 teaspoon sugar
- 1 1/2 teaspoons soy sauce
- 1/2 teaspoon salt
- 2 tablespoons red wine or white
- 2 tablespoons salad oil
- 2 tablespoons soy sauce
- 4 tablespoons mirin
- 2 teaspoons sugar

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 35 milligrams
4. Fat: 4.5 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 270 milligrams
8. Sugar: 1 grams

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