

# Yakitori Hatsu

Yield: 20 min  
Total Time: 30 min

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

## Ingredients:

- 20 chicken hearts
- 1 1/2 tablespoons sugar
- 2 tablespoons sake
- 3 tablespoons mirin
- 3 tablespoons soy sauce
- 1/2 teaspoon ginger paste
- 1 teaspoon cornstarch

## Nutrition:

1. Calories: 20 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 10 milligrams
4. Fat: 0.5 grams
5. Protein: 1 grams
6. Sodium: 140 milligrams
7. Sugar: 1 grams

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