

Chicken Teriyaki on a Stick

Yield: 5 min
Total Time: 100 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-chicken-on-a-stick-recipe>

Ingredients:

- 1/2 cup soy sauce low-sodium
- 2 tablespoons water
- 2 tablespoons rice vinegar
- 1/4 cup brown sugar
- 1 clove garlic minced
- 2 teaspoons cornstarch
- 2 pounds chicken tenders
- bamboo or stainless skewers

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 115 milligrams
4. Fat: 5 grams
5. Protein: 40 grams
6. SaturatedFat: 2 grams
7. Sodium: 1650 milligrams
8. Sugar: 8 grams

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