

Japanese Mushroom, Chestnut and Pumpkin Pilaf

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-boiled-chestnut-recipe-exclude-rice>

Ingredients:

- 6 dried shiitake mushrooms
- 6 fresh shiitake mushrooms
- 2 tablespoons mirin
- 1 tablespoon soy sauce
- 9/16 cup rice
- 5/8 cup pumpkin
- 1 tablespoon sesame seeds
- 1 3/8 cups chestnuts

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 72 grams
3. Fat: 4 grams
4. Fiber: 11 grams
5. Protein: 6 grams
6. Sodium: 460 milligrams
7. Sugar: 1 grams

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