

# Yoshinoya-style gyudon / Japanese beef and rice bowl

Yield: 3 min  
Total Time: 35 min

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

## Ingredients:

- 1 1/4 cups water
- 1/2 teaspoon chicken powder
- 1 onion cut into 1 cm slices
- 2/3 pound beef thinly-sliced
- 1 tablespoon dark soy sauce
- 2 tablespoons light soy sauce
- 3 tablespoons sake cooking
- 2 tablespoons mirin
- 1 tablespoon raw sugar
- ginger generous teaspoon finely grated
- shichimi
- pickled ginger
- seaweed roasted seasoned
- egg onsen
- japanese rice cooked

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 140 milligrams
4. Fat: 19 grams
5. Fiber: 5 grams
6. Protein: 28 grams
7. SaturatedFat: 7 grams
8. Sodium: 1000 milligrams
9. Sugar: 5 grams
10. TransFat: 1 grams

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