

Easy Gyudon (Japanese Beef Rice Bowl)

Yield: 2 min
Total Time: 8 min

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

Ingredients:

- 1 tablespoon soy sauce
- 1 tablespoon sugar
- 2 tablespoons mirin seasoned rice wine
- 2 tablespoons sake rice wine
- 1/2 cup broth dashi
- 2 slices ginger
- 4 ounces onion sliced, approximately 1/2 of medium size onion
- 8 ounces beef thinly sliced, I recommend sirloin, new york strip or ribeye
- 2 eggs
- 2 cups rice
- pickled ginger benishoga, shredded
- chopped green onion
- shichimi togarashi

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 290 milligrams
4. Fat: 22 grams
5. Fiber: 2 grams
6. Protein: 35 grams
7. SaturatedFat: 8 grams
8. Sodium: 790 milligrams
9. Sugar: 9 grams
10. TransFat: 1 grams

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