

# Korean Ground Beef Bowl

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- 1/4 cup low sodium soy sauce
- 4 cloves garlic finely minced or grated
- 1 tablespoon sesame oil
- 2 tablespoons brown sugar
- 1 tablespoon rice vinegar
- 1 tablespoon ginger root grated
- 1 teaspoon chili garlic sauce
- 1 1/2 pounds ground beef
- 3 green onions sliced, green and white parts separated
- 4 eggs
- 4 teaspoons butter
- 1 1/2 cups cooked rice
- sesame seeds optional, for garnish

## Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 335 milligrams
4. Fat: 39 grams
5. Fiber: 1 grams
6. Protein: 41 grams
7. SaturatedFat: 15 grams
8. Sodium: 770 milligrams
9. Sugar: 6 grams
10. TransFat: 1.5 grams

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