

Sushi Bowl

Yield: 5 min
Total Time: 80 min

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

Ingredients:

- 2 cups brown rice short-grain
- 3 1/2 cups water
- 2 teaspoons fine grain sea salt
- 2 squares nori seaweed sheets
- 6 ounces extra firm tofu
- 1 orange
- 1/2 lemon
- 2 tablespoons brown sugar reg. sugar is ok too
- 2 tablespoons sauce shoyu, or soy sauce
- brown rice vinegar 2 tablespoons
- 4 green onions chopped
- 1 avocado peeled, pitted, and thinly sliced
- 3 tablespoons sesame seeds toasted

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 76 grams
3. Fat: 14 grams
4. Fiber: 9 grams
5. Protein: 14 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 990 milligrams
8. Sugar: 5 grams

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