

Japanese Mushroom Rice

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 4 cups mixed mushrooms sliced enoki, oyster, shitake, trumpet, etc.
- 2 cups brown rice
- 2 cups water
- 1 gram konbu about 2" square
- 2 tablespoons soy sauce
- 1 tablespoon sake
- 1 tablespoon mirin
- 3 tablespoons grassfed butter or vegan butter
- nori
- green onion
- sesame seeds

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 25 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 7 grams
8. Sodium: 530 milligrams
9. Sugar: 2 grams

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