

# Nikujaga - Japanese Beef and Potatoes

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 5 1/4 ounces beef thinly cut
- 5 small potatoes or 350g
- 1/2 medium carrot or 90g
- 1 small onion or 130g
- 10 green beans
- 1 cup dashi stock
- 3 tablespoons sake
- 3 tablespoons mirin
- 3 tablespoons sugar
- 4 tablespoons soy sauce
- 2 5/8 cups noodle Konnyaku
- 1/2 tablespoon oil

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 67 grams
3. Cholesterol: 45 milligrams
4. Fat: 9 grams
5. Fiber: 6 grams
6. Protein: 18 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1040 milligrams
9. Sugar: 13 grams

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