

Japanese-style Brown Rice

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 1/3 cups brown rice
- 1 1/4 cups beans frozen soya
- 1 tablespoon soy sauce low-salt
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons ginger finely grated
- 1 garlic clove crushed
- 4 spring onions thinly sliced on the diagonal

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 53 grams
3. Fat: 5 grams
4. Fiber: 4 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 230 milligrams
8. Sugar: 2 grams

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