

Gyudon Recipe (Japanese Beef Bowl)

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/korean-beef-bowl-recipes>

Ingredients:

- water for boiling
- 1/2 pound beef thinly sliced, for sukiyaki, cut into pieces
- 1/2 tablespoon oil
- 1/2 onion sliced
- 1 teaspoon ginger grated
- 1 teaspoon scallion chopped
- beni shoga
- 1 tablespoon Mizkan Bonito Flavored Soup Base
- 1 teaspoon soy sauce
- 1 1/2 tablespoons mirin Mizkan Honteri
- 1 1/2 tablespoons sake
- 1 teaspoon sugar

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 75 milligrams
4. Fat: 21 grams
5. Fiber: 1 grams
6. Protein: 22 grams
7. SaturatedFat: 7 grams
8. Sodium: 230 milligrams
9. Sugar: 3 grams
10. TransFat: 1 grams

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