



## Ahi Poke Moco

READY IN



40 min.

SERVINGS



2

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup ahi diced
- 1 pinch pepper black freshly ground
- 2 tablespoons butter
- 2 tablespoons canola oil
- 1 teaspoon cilantro leaves chopped
- 1 eggs
- 0.5 cup enoki mushrooms
- 0.3 cup green onion minced
- 2 servings green onion minced for garnish

- 2 tablespoons heavy cream
- 0.3 cup onion minced
- 1 teaspoon oyster sauce
- 2 servings panko bread crumbs (Japanese bread crumbs)
- 2 servings rice for plating
- 1 pinch salt
- 1 teaspoon sesame oil
- 1 teaspoon shoyu
- 2 tablespoons shoyu

## Equipment

- bowl
- frying pan

## Directions

- In a medium-sized bowl, combine all the patty ingredients and form 2 patties. Press patties in panko to coat. In a frying pan, heat oil over medium-high heat. Gently place patties in pan and brown on both sides, keeping the inside of the patties medium-rare.
- In a separate saute pan, add the butter and mushrooms and saute for 2 minutes.
- Add remaining ingredients and cook 1 minute.
- In a bowl, place a scoop of rice, 1 poke patty and pour enoki mushroom sauce on top.
- Sprinkle with minced green onion.

## Nutrition Facts



PROTEIN 25.19% FAT 68.92% CARBS 5.89%

## Properties

Glycemic Index:133.09, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:30.223478130672%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

## Nutrients (% of daily need)

Calories: 533.63kcal (26.68%), Fat: 40.93g (62.98%), Saturated Fat: 14.18g (88.64%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 6.39g (2.32%), Sugar: 1.98g (2.2%), Cholesterol: 173.84mg (57.95%), Sodium: 1300.02mg (56.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.66g (67.33%), Vitamin B12: 11.41µg (190.24%), Selenium: 51.72µg (73.89%), Vitamin A: 3460.01IU (69.2%), Vitamin B3: 12.07mg (60.33%), Vitamin D: 7.44µg (49.59%), Vitamin K: 50.46µg (48.06%), Phosphorus: 420.07mg (42.01%), Vitamin B6: 0.66mg (33.19%), Vitamin B2: 0.52mg (30.71%), Vitamin E: 4.47mg (29.77%), Vitamin B1: 0.37mg (24.69%), Magnesium: 86.01mg (21.5%), Vitamin B5: 1.97mg (19.68%), Potassium: 570.8mg (16.31%), Manganese: 0.31mg (15.41%), Iron: 2.45mg (13.6%), Folate: 41.4µg (10.35%), Zinc: 1.44mg (9.63%), Copper: 0.18mg (8.88%), Calcium: 62.41mg (6.24%), Vitamin C: 5.06mg (6.14%), Fiber: 1.49g (5.96%)