



 **26%**
HEALTH SCORE

Japanese Chicken Donburi

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



1242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz baby spinach rinsed drained
- 0.5 pound chicken breast rinsed cut into ¼" strips
- 6 cups rice cooked
- 6 cups rice cooked
- 6 cups rice cooked
- 5 large egg yolk separated (yolks and whites)
- 1 cup fat-skimmed beef broth
- 2 tablespoons ginger fresh minced

- 6 oz onion peeled
- 0.3 cup roma tomatoes diced
- 1 cup salad oil
- 2 tablespoons soya sauce
- 4 tablespoons sugar

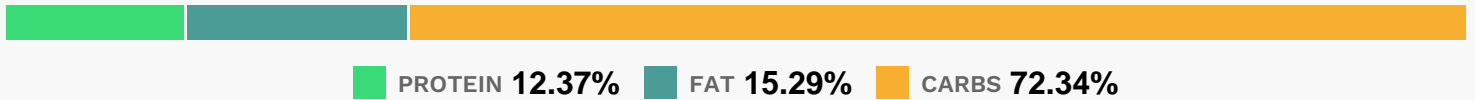
Equipment

- bowl
- frying pan
- spatula

Directions

- In a deep 10-inch or 12-inch frying pan over high heat, stir oil, onion, and ginger until onion is lightly browned, about 2 minutes.
- Add broth, soy sauce, and sugar.
- Add chicken to pan. Bring to a boil.
- Add spinach, cover, and cook until wilted, about 1 minute. Meanwhile, in a small bowl, beat eggs to blend. Reduce heat to low, evenly distribute mixture in pan, and pour in eggs. With a spatula, push vegetables aside slightly so egg mixture can flow down through sauce. Cover and cook just until eggs are softly set, 2 to 2 1/2 minutes. Meanwhile, spoon rice into bowls. Top equally with egg-spinach mixture, including juices.
- Sprinkle with tomato.

Nutrition Facts



Properties

Glycemic Index:131.02, Glycemic Load:224.96, Inflammation Score:-10, Nutrition Score:40.510434782609%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 10.41mg, Quercetin: 10.41mg, Quercetin: 10.41mg, Quercetin: 10.41mg

Nutrients (% of daily need)

Calories: 1242.49kcal (62.12%), Fat: 20.7g (31.84%), Saturated Fat: 3.78g (23.62%), Carbohydrates: 220.3g (73.43%), Net Carbohydrates: 215.48g (78.35%), Sugar: 15.12g (16.8%), Cholesterol: 265.79mg (88.6%), Sodium: 854.54mg (37.15%), Protein: 37.67g (75.34%), Vitamin K: 214.98µg (204.74%), Manganese: 3.89mg (194.45%), Selenium: 85.42µg (122.03%), Vitamin A: 4434.96IU (88.7%), Vitamin B6: 1.34mg (66.88%), Phosphorus: 563.52mg (56.35%), Vitamin B3: 9.91mg (49.53%), Vitamin B5: 4.42mg (44.18%), Folate: 149.99µg (37.5%), Magnesium: 146.27mg (36.57%), Copper: 0.63mg (31.73%), Zinc: 4.69mg (31.25%), Vitamin E: 3.86mg (25.74%), Potassium: 867.08mg (24.77%), Vitamin B2: 0.39mg (22.65%), Vitamin C: 17.98mg (21.79%), Iron: 3.81mg (21.19%), Fiber: 4.82g (19.29%), Vitamin B1: 0.28mg (18.95%), Calcium: 159.46mg (15.95%), Vitamin B12: 0.64µg (10.69%), Vitamin D: 1.2µg (8.03%)