



Loco Moco

READY IN



20 min.

SERVINGS



2

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef stock
- 0.3 teaspoon pepper black
- 1 teaspoons bourbon
- 2 tablespoons butter
- 50 grams mushrooms (5 small mushrooms)
- 2 large eggs
- 2 tablespoons flour all-purpose
- 0.5 pound ground beef
- 0.3 cup onion finely minced

- 1 teaspoon oyster sauce
- 0.3 cup panko bread crumbs
- 0.5 tablespoons soya sauce
- 2 teaspoons vegetable oil
- 1 teaspoon worcestershire sauce

Equipment

- bowl
- frying pan
- whisk
- stove
- chopsticks

Directions

- Add the ground beef, panko, onions, oyster sauce, worcestershire sauce and black pepper to a bowl and mix until well combined, but don't be too aggressive with your mixing or it will make the patties too dense. Chopsticks work really well for mixing. Split the mixture into 4 pieces and form them into 4 patties that are about a 3/4-inch (2cm) thick.
- Heat a sauté pan over medium heat until hot, and then add the oil.
- Add the patties and fry until they have a brown crust on one side (about 2 1/2 minutes). Flip the patties and fry until they're cooked through (another 2 1/2 minutes).
- Transfer the patties to a plate and then add the mushrooms, sautéing until the mushrooms are well browned. While the mushrooms are frying heat another sauté pan, add a bit of oil and fry the eggs however you like them. Push the mushrooms to the sides of the pan and melt the butter in the center along with the flour. Fry the roux until a medium brown.
- Remove the pan from the heat and whisk in the beef stock, soy sauce and bourbon. Once the mixture is smooth and free of lumps, put it back on the stove and bring to a boil, cooking until the gravy is nice and thick. To plate the Loco Moco, first put down a mound of hot rice. Top with the beef patties and then sprinkle on a handful of fried shallots. Cover everything with the mushroom gravy and then top with a fried egg.

Nutrition Facts



■ PROTEIN 21.23% ■ FAT 65.93% ■ CARBS 12.84%

Properties

Glycemic Index:123, Glycemic Load:4.94, Inflammation Score:-5, Nutrition Score:22.092173887336%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 611.2kcal (30.56%), Fat: 44.13g (67.9%), Saturated Fat: 18.35g (114.7%), Carbohydrates: 19.35g (6.45%), Net Carbohydrates: 17.88g (6.5%), Sugar: 3.49g (3.87%), Cholesterol: 296.61mg (98.87%), Sodium: 922.61mg (40.11%), Alcohol: 0.83g (100%), Alcohol %: 0.28% (100%), Protein: 31.97g (63.94%), Selenium: 41.66µg (59.51%), Vitamin B12: 2.95µg (49.21%), Vitamin B2: 0.71mg (41.79%), Vitamin B3: 8.17mg (40.84%), Zinc: 6.01mg (40.04%), Phosphorus: 381.37mg (38.14%), Vitamin B6: 0.6mg (30.07%), Iron: 4.71mg (26.17%), Potassium: 785.13mg (22.43%), Vitamin B1: 0.3mg (20.18%), Vitamin B5: 1.87mg (18.67%), Folate: 69.54µg (17.39%), Copper: 0.31mg (15.59%), Manganese: 0.27mg (13.55%), Vitamin A: 624.13IU (12.48%), Vitamin K: 12.8µg (12.19%), Magnesium: 47.56mg (11.89%), Vitamin E: 1.72mg (11.47%), Calcium: 93.86mg (9.39%), Vitamin D: 1.16µg (7.76%), Fiber: 1.46g (5.86%), Vitamin C: 2.89mg (3.5%)