



Oyakodon

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



1140 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 grams kombu (one packet)
- ☐ 2 eggs
- ☐ 1 serving nori seaweed toasted
- ☐ 1 tablespoon cooking oil neutral flavored
- ☐ 1 small onion sliced
- ☐ 1 cup rice hot cooked
- ☐ 0.5 cup chicken shredded cooked
- ☐ 2 tablespoons soya sauce

- ☐ 1 tablespoon sugar
- ☐ 0.8 cup water

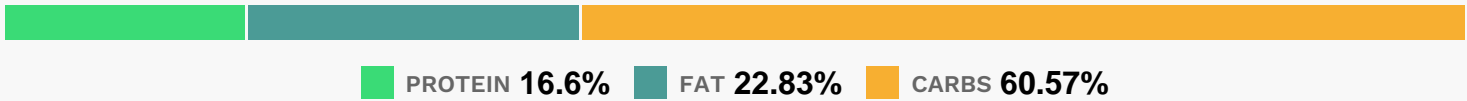
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In a large skillet, add the oil and saute the onions over medium low heat until they wilt and begin to take on a pale golden color, about ten minutes. You do not want any significant browning or charred bits, just a touch of color.
- ☐ Add in the sugar, soy sauce, dashi powder and water. Turn the heat up to medium and wait for it to bubble vigorously. Meanwhile, crack the eggs together in a small bowl and beat with a fork until homogenous. When the mixture begins to bubble hard, add the shredded chicken to the coolest section of the pan (usually in the center) and pour the eggs all at once into the hottest section (around the edges).
- ☐ Let the eggs cook, without stirring, until fully set; about 45 seconds. Shut off the heat.
- ☐ Put the rice into the bottom of an oversized bowl and use a slotted spoon to top it with the eggy, onion chicken mixture. Carefully pour the remaining broth into the bottom of the bowl, but not over the rice. (
- ☐ Pouring the broth over the top soaks the rice and prevents it from clumping together, leaving you with a bowl rebellious, individual grains.)Top with torn bits of toasted nori, if you like. Eat with a spoon.

Nutrition Facts



Properties

Glycemic Index:173.28, Glycemic Load:99.1, Inflammation Score:-7, Nutrition Score:31.539130231609%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg

Nutrients (% of daily need)

Calories: 1140.05kcal (57%), Fat: 28.41g (43.7%), Saturated Fat: 5.43g (33.94%), Carbohydrates: 169.57g (56.52%), Net Carbohydrates: 165.61g (60.22%), Sugar: 16.14g (17.93%), Cholesterol: 379.86mg (126.62%), Sodium: 2221.59mg (96.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.48g (92.96%), Manganese: 2.34mg (116.98%), Selenium: 72.92µg (104.18%), Phosphorus: 591.17mg (59.12%), Vitamin B3: 10.08mg (50.42%), Vitamin B6: 0.9mg (44.88%), Vitamin B5: 4.16mg (41.64%), Vitamin B2: 0.68mg (40.21%), Copper: 0.62mg (31.23%), Zinc: 4.58mg (30.54%), Iron: 5.04mg (27.99%), Magnesium: 100.75mg (25.19%), Vitamin E: 3.64mg (24.3%), Folate: 89.9µg (22.48%), Potassium: 681.26mg (19.46%), Vitamin B1: 0.26mg (17.67%), Vitamin B12: 0.99µg (16.44%), Fiber: 3.95g (15.8%), Calcium: 147.32mg (14.73%), Vitamin K: 14.05µg (13.38%), Vitamin D: 1.76µg (11.73%), Vitamin A: 563.12IU (11.26%), Vitamin C: 5.72mg (6.93%)