



Quick Oyakodon

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

READY IN



40 min.

SERVINGS



2

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar
- 1 chicken breast half boneless skinless cut into strips
- 1 cup chicken stock see
- 2 eggs beaten
- 4 green onions cut into 1-inch pieces
- 0.5 onion thinly sliced
- 0.5 cup mushroom caps thinly sliced
- 1 cup short-grain rice white uncooked

- 6 snow peas thinly sliced
- 0.3 cup soya sauce
- 2 cups water

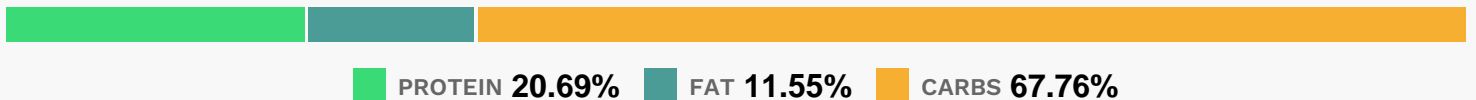
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Bring the rice and water to a boil in a saucepan; reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.
- Bring the chicken stock to a boil in a small saucepan. Stir in the soy sauce and brown sugar until the sugar has dissolved. Reduce heat to low; keep warm.
- Heat several tablespoons of the chicken sauce in a skillet over medium heat. Cook and stir the onion and shiitake mushrooms in the sauce until the onion has softened, about 3 minutes.
- Add the chicken, green onions, and a few more tablespoons of the sauce; continue cooking until the chicken is no longer pink in the center, about 5 minutes more.
- Spread the chicken mixture evenly over the skillet; pour the beaten egg ovetop. Reduce heat to medium-low and sprinkle with the snow peas. Cook and stir until the egg has firmed and is no longer runny, about 3 minutes.
- Divide the rice between two bowls and spoon the egg mixture evenly ovetop.
- Pour additional chicken sauce over the rice to serve.

Nutrition Facts



Properties

Glycemic Index:94, Glycemic Load:64.52, Inflammation Score:-8, Nutrition Score:33.366521980452%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 630.68kcal (31.53%), Fat: 7.99g (12.3%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 105.48g (35.16%), Net Carbohydrates: 99.87g (36.32%), Sugar: 17.38g (19.31%), Cholesterol: 203.44mg (67.81%), Sodium: 1945.89mg (84.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.22g (64.43%), Vitamin B3: 15.46mg (77.3%), Selenium: 53.23µg (76.04%), Folate: 294.47µg (73.62%), Manganese: 1.42mg (71.07%), Vitamin B6: 1.02mg (51.15%), Vitamin K: 51.03µg (48.6%), Vitamin B1: 0.72mg (47.78%), Phosphorus: 453.08mg (45.31%), Iron: 6.94mg (38.57%), Vitamin B5: 3.81mg (38.13%), Vitamin B2: 0.6mg (35.49%), Copper: 0.52mg (25.88%), Potassium: 833.36mg (23.81%), Fiber: 5.61g (22.46%), Magnesium: 82.39mg (20.6%), Zinc: 3.05mg (20.3%), Vitamin C: 9.27mg (11.23%), Vitamin A: 530.59IU (10.61%), Vitamin B12: 0.5µg (8.41%), Calcium: 82.95mg (8.29%), Vitamin D: 1.16µg (7.75%), Vitamin E: 0.75mg (5.03%)