



Rice with Soy-Glazed Bonito Flakes and Sesame Seeds



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

Ingredients

- ☐ 1 package dashi granules dried fresh leftover (bonito flakes)
- ☐ 1 tablespoon rice wine
- ☐ 2 tablespoons sesame seed toasted
- ☐ 2 cups short grain rice
- ☐ 1.5 tablespoons soya sauce
- ☐ 0.3 teaspoon sugar
- ☐ 2 cups water

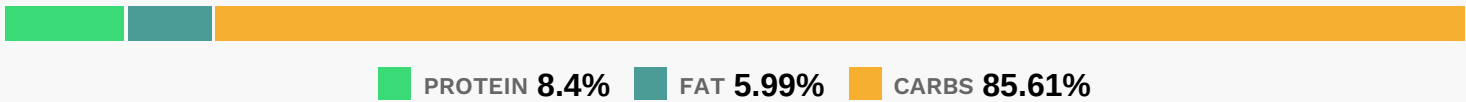
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ If using katsuo bushi flakes from package, moisten with a few drops of sake or water. Finely chop katsuo bushi, then cook in a dry heavy skillet over moderate heat, stirring frequently, until fragrant and mostly dry.
- ☐ Add sake, sugar, and soy sauce and cook over moderate heat, stirring frequently, until mixture is dry and glazed. Stir in sesame seeds and spread on a plate to cool.
- ☐ Rinse rice in a bowl in several changes of cold water until water is almost clear; drain well in a large sieve.
- ☐ Combine rice and 2 cups water in a 3-quart heavy saucepan and let stand 10 minutes. Cover with a tight-fitting lid and bring to a boil over high heat. Cook at a rapid boil (lid will be rattling and foam may drip down outside of pan) 5 minutes, or until water is absorbed.
- ☐ Remove from heat and let stand, covered, 10 minutes.
- ☐ Serve rice with bonito-flake topping.
- ☐ ·Bonito-flake topping keeps in an airtight container at room temperature 1 week.

Nutrition Facts



Properties

Glycemic Index:50.52, Glycemic Load:62.99, Inflammation Score:-7, Nutrition Score:14.516521809623%

Nutrients (% of daily need)

Calories: 391kcal (19.55%), Fat: 2.52g (3.87%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 80.9g (26.97%), Net Carbohydrates: 77.58g (28.21%), Sugar: 0.38g (0.42%), Cholesterol: 0mg (0%), Sodium: 385.28mg (16.75%), Alcohol: 0.6g (100%), Alcohol %: 0.33% (100%), Protein: 7.94g (15.88%), Folate: 236.1µg (59.03%), Manganese:

1.17mg (58.45%), Vitamin B1: 0.6mg (40.04%), Iron: 4.98mg (27.65%), Selenium: 16.59µg (23.69%), Vitamin B3: 4.56mg (22.82%), Copper: 0.4mg (20.09%), Fiber: 3.33g (13.3%), Vitamin B5: 1.31mg (13.14%), Phosphorus: 129.24mg (12.92%), Vitamin B6: 0.22mg (10.81%), Magnesium: 41.15mg (10.29%), Zinc: 1.45mg (9.68%), Calcium: 47.16mg (4.72%), Vitamin B2: 0.07mg (4.02%), Potassium: 110.19mg (3.15%)