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Imitation Eel Rice Bowl ♦♦

The Imitation Eel Rice Bowl is a delicious and satisfying dish inspired by traditional Japanese cuisine. It features a flavorful combination of imitation eel, rice, and a variety of fresh vegetables. The dish is typically consumed as a main course and is enjoyed by both meat-eaters and vegetarians alike.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	imitation eel
500 g	cooked rice
100 g	cucumber
100 g	carrot
100 g	Avocado

30 ml	soy sauce
15 ml	sesame oil
10 g	sesame seeds
20 g	Green onion
4 sheets	nori sheets

Directions

Step 1

Cut

Slice the cucumber, carrot, and avocado into thin strips.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together the soy sauce and sesame oil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Heat a non-stick pan over medium heat and add the imitation eel. Cook for 5-7 minutes, or until heated through.

Prep Time: 0 mins

Cook Time: 7 mins

Step 4

Mixing

In a large bowl, combine the cooked rice, sliced vegetables, and the soy sauce mixture. Mix well to combine.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Plating

Divide the rice mixture into four serving bowls and top with the cooked imitation eel. Garnish with sesame seeds and green onion.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	8 g	21.05%	32%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	80 mg	8%	8%
Iron	2 mg	25%	11.11%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring Summer

Cuisines

Italian Chinese Japanese Mediterranean American

Nutritional Content

Low Calorie High Protein Low Fat Low Carb Low Sodium Sugar-Free
High Vitamin C High Calcium

Course

Appetizers Side Dishes Salads Sauces & Dressings

Cooking Method

Steaming

Meal Type

Lunch Dinner Snack Supper

Difficulty Level

Medium

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