

Healthier Loco Moco

Check serving size first - how many servings are in one container? The nutrients listed on the label are only for one serving.

Limit saturated fats and trans fats.

Opt for whole grain carbohydrates and reduce added sugars

Choose higher protein products

Nutrition Facts

servings per container
Serving size (508g)

Amount per serving
Calories 480

% Daily Value*

Total Fat 14g 18%
 Saturated Fat 4g 20%
 Trans Fat 0g

Cholesterol 235mg 78%

Sodium 550mg 24%

Total Carbohydrate 58g 21%

Dietary Fiber 4g 14%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 29g

Vitamin D 1mcg 6%

Calcium 96mg 8%

Iron 5mg 30%

Potassium 841mg 20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



American Heart Association.

Developed in collaboration with CTAHR's Department of Human Nutrition, Food and Animal Sciences, its Dietetics Program and nutrition students



COLLEGE OF TROPICAL AGRICULTURE
 AND HUMAN RESOURCES
 UNIVERSITY OF HAWAII AT MĀNOA

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Ingredients:

1/2 cup zucchini, finely chopped
1/3 cup onion, finely chopped
1/8 tsp garlic powder or 1 garlic clove, minced
1/2 tbsp oil
1/2 lb ground beef (95% lean)
Black pepper to taste
1 (0.87 oz) packet low-sodium gravy (such as McCormick 30% Less Sodium Brown Gravy Mix)
3 eggs [184mg cholesterol/egg]
3 cups brown or hapa rice, cooked
3 cups of vegetables, such as salad or cooked vegetables
Green onions, sliced (optional garnish)

Serving size: 3

Method:

1. Prepare first three ingredients. Set aside
2. Heat oil in a medium pan over medium-high heat. Add the onion and cook for about 3 minutes, stirring every so often.
3. Add the zucchini and garlic and cook, stirring, for another minute or two, until zucchini begins to soften. Remove from heat and set aside to cool
4. Once the cooked onion and zucchini are cooled, mix with ground beef in a bowl. Add black pepper, if desired.
5. Form mixture into 3 patties and refrigerate for about 1 hour (you may skip this step if pressed for time. Cooling the patty just helps it stay together better when cooking)
6. In the meantime, prepare a salad or cook a melody of vegetables to serve on the side
7. Prepare gravy by following instructions on packet
8. Once patties are cool to touch, heat a pan with oil and cook patties (about 4 - 5 minutes on each side)
9. Cook eggs, sunny side up or over easy
10. Assemble plates with a bed of rice, a patty and an egg, topped off with gravy. Garnish with green onions, if desired. Serve with a side of vegetables



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