



Authentic Japanese Scallop Soup with Ramen Noodles

 **Gluten Free**

READY IN



25 min.

SERVINGS



2

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1.3 teaspoons dashi no moto instant (dashi or fish-broth powder)
- 1 teaspoon ginger fresh minced
- 2 green onions sliced
- 3 ounce japanese ramen noodles instant (exclude seasoning packet)
- 2 tablespoons mirin sweet (Japanese wine)
- 1 teaspoon rice vinegar

- 8 scallops
- 5 mushroom caps sliced
- 2 tablespoons soya sauce
- 2.5 cups water

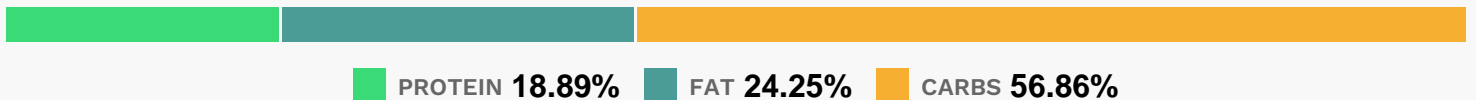
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Bring 2 cups water to a boil in a saucepan. Cook ramen noodles in boiling water until tender, 2 to 3 minutes; drain. Rinse with cold water to stop cooking process. Divide noodles between 2 soup bowls.
- Bring 2 1/2 cups water to a boil in a saucepan. Stir soy sauce, mirin, dashi no moto, and rice vinegar into the boiling water. Reduce heat to low.
- Add shiitake mushrooms, green onions, and ginger to the water; cook at a simmer until mushrooms are tender, 3 to 5 minutes.
- Pour about half the mixture over each portion of noodles.
- Melt butter in a skillet over medium-high heat. Cook scallops in melted butter until opaque in the middle, about 3 minutes. Put 4 cooked scallops into each soup bowl to serve.

Nutrition Facts



Properties

Glycemic Index:99.5, Glycemic Load:1.38, Inflammation Score:-9, Nutrition Score:35.130869396355%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 259.9kcal (12.99%), Fat: 8.13g (12.51%), Saturated Fat: 4.4g (27.5%), Carbohydrates: 42.89g (14.3%), Net Carbohydrates: 23.47g (8.53%), Sugar: 7.4g (8.23%), Cholesterol: 29.58mg (9.86%), Sodium: 1793.07mg (77.96%), Alcohol: 1.7g (100%), Alcohol %: 0.44% (100%), Protein: 14.25g (28.5%), Vitamin K: 289.75µg (275.95%), Manganese: 2.33mg (116.57%), Iron: 16.65mg (92.49%), Fiber: 19.42g (77.7%), Calcium: 707.31mg (70.73%), Vitamin E: 8.02mg (53.5%), Magnesium: 148.85mg (37.21%), Phosphorus: 336.76mg (33.68%), Vitamin B6: 0.64mg (31.91%), Folate: 126.6µg (31.65%), Potassium: 848.31mg (24.24%), Vitamin B3: 4.6mg (22.98%), Copper: 0.42mg (20.83%), Vitamin B2: 0.35mg (20.73%), Vitamin A: 1019.71IU (20.39%), Selenium: 12.26µg (17.52%), Zinc: 2.21mg (14.76%), Vitamin B12: 0.87µg (14.52%), Vitamin B5: 1.14mg (11.36%), Vitamin B1: 0.1mg (6.9%), Vitamin C: 3.28mg (3.98%)