



## Bonito Dashi



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



14 kcal

SIDE DISH

## Ingredients

- 0.5 ounce bonito shavings dry ( fish flakes)
- 8 inch dashi kombu dried ( kelp)
- 4 cups water

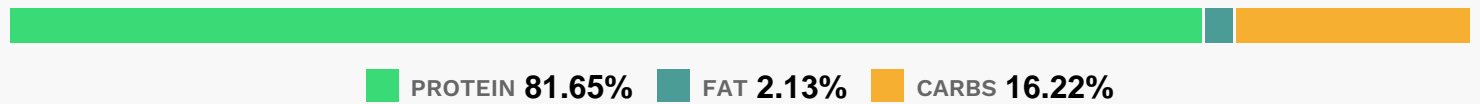
## Equipment

- sauce pan
- sieve

## Directions

- Wipe the kombu with a damp cloth to clean it, then cut into 1 inch pieces, and place into a saucepan along with the water.
- Let stand 15 to 20 minutes.
- Bring the kombu to a rapid simmer; reduce to a slow simmer over low heat.
- Sprinkle in the bonito shavings and simmer a few minutes more until the flakes have sunk to the bottom of the saucepan.
- Remove from the heat and let stand a few minutes. Strain through a mesh strainer before using.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.71608695962831%

## Nutrients (% of daily need)

Calories: 13.98kcal (0.7%), Fat: 0.03g (0.04%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 0.49g (0.16%), Net Carbohydrates: 0.42g (0.15%), Sugar: 0.03g (0.03%), Cholesterol: 2.37mg (0.79%), Sodium: 33.13mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin K: 3.35µg (3.19%), Folate: 9.14µg (2.29%), Copper: 0.04mg (2.22%), Magnesium: 8.51mg (2.13%), Calcium: 15.63mg (1.56%), Potassium: 35.24mg (1.01%)