



Darjeeling Dashi



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 ounce mushroom caps dried
- ☐ 2 tablespoons tomatoes dried
- ☐ 4 teaspoons honey
- ☐ 1.5 teaspoons aka miso red ()
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon darjeeling tea leaves

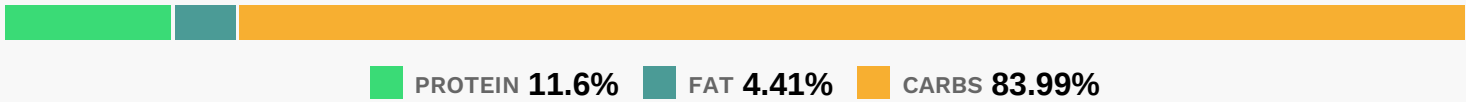
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ colander

Directions

- ☐ Combine tomatoes, mushrooms, soy sauce, and honey with 1 qt. water in a medium saucepan and simmer 5 minutes. Turn off heat and whisk in miso, tea leaves, and salt; let steep 5 minutes. Strain through a fine-mesh colander (save shiitakes for another use, such as fried rice, pasta, or in the dashi for soup).
- ☐ Let cool. Dashi keeps, chilled, in a large glass jar for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:7.91, Glycemic Load:0.73, Inflammation Score:-1, Nutrition Score:0.61869565211236%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg, Theaflavin: 0.01mg Thearubigins: 0.6mg, Thearubigins: 0.6mg, Thearubigins: 0.6mg, Thearubigins: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg, Theaflavin-3,3'-digallate: 0.01mg Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg, Theaflavin-3'-gallate: 0.01mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 9.08kcal (0.45%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.96g (0.71%), Sugar: 1.4g (1.55%), Cholesterol: 0mg (0%), Sodium: 125.9mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.59%), Copper: 0.05mg (2.37%), Vitamin B5: 0.17mg (1.71%), Manganese: 0.03mg (1.44%)