



## Dashi Stock (Konbudashi)



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



51 kcal

SIDE DISH

## Ingredients



0.5 cup katsuo bushi



1 ounce dashi kombu dried ( kelp)



1 quart water

## Equipment



frying pan



paper towels



sauce pan



sieve

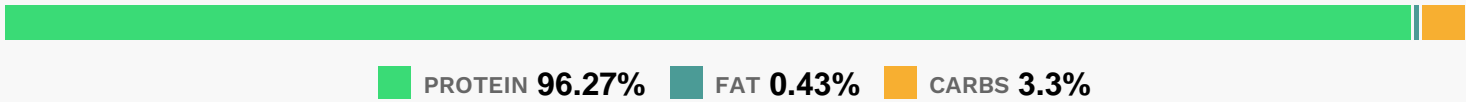
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cheesecloth

## Directions

- ☐ Wipe away any dirt from the kombu with a paper towel, being careful not to rub off the white powdery deposits on the seaweed.
- ☐ Place the kombu and water in a saucepan, and allow it to soak for 30 minutes to become soft.
- ☐ Remove the kombu from the water, and cut several lengthwise slits into the leaf. Return the kombu to the water, and bring it to a boil. As soon as the water begins to boil, remove the kombu to prevent the stock from becoming bitter.
- ☐ Stir the bonito flakes into the kombu-flavored water, bring back to a boil, and take the pan off the heat. Allow the water to cool. When the bonito flakes have settled to the bottom, strain the dashi through a strainer lined with cheesecloth or a coffee filter.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.60347826066224%

## Nutrients (% of daily need)

Calories: 50.76kcal (2.54%), Fat: 0.02g (0.03%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 0.34g (0.11%), Net Carbohydrates: 0.29g (0.11%), Sugar: 0.02g (0.02%), Cholesterol: 9.91mg (3.3%), Sodium: 53.65mg (2.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.84%), Potassium: 131.35mg (3.75%), Vitamin K: 2.34µg (2.23%), Folate: 6.38µg (1.59%), Magnesium: 5.47mg (1.37%), Copper: 0.02mg (1.18%)