



Eunah's Korean-Style Seaweed Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



65 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup extra ground beef lean
- 1 teaspoon garlic minced
- 1 teaspoon salt to taste
- 2 teaspoons sesame oil
- 1.5 tablespoons soya sauce
- 1 ounce wakame seaweed dried (brown)
- 7 cups water

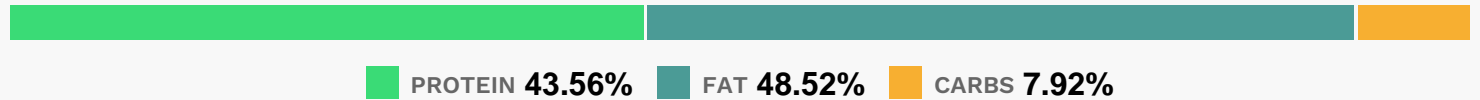
Equipment

sauce pan

Directions

- Soak the seaweed in room temperature water until soft, about 15 minutes; drain. Rinse the sheets and cut into 2 inch long pieces; set aside.
- Heat the sesame oil in a saucepan over medium-high heat. Stir in the beef, salt, and 1/3 of the soy sauce. Cook and stir until the beef is crumbly and no longer pink, about 4 minutes.
- Add the seaweed and the remaining soy sauce; cook and stir 1 minute. Stir in the garlic and pour in the water. Bring to a boil; reduce heat to medium-low and simmer until the beef and seaweed are tender, about 15 minutes more.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:4.2595651862414%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 64.57kcal (3.23%), Fat: 3.46g (5.33%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 1.17g (0.42%), Sugar: 0.17g (0.19%), Cholesterol: 17.44mg (5.81%), Sodium: 1059.62mg (46.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.99%), Vitamin B12: 0.63µg (10.5%), Zinc: 1.54mg (10.26%), Vitamin B3: 1.93mg (9.65%), Manganese: 0.15mg (7.49%), Selenium: 5.11µg (7.29%), Phosphorus: 71.28mg (7.13%), Vitamin B6: 0.13mg (6.66%), Copper: 0.12mg (5.99%), Iron: 1mg (5.57%), Magnesium: 20.81mg (5.2%), Vitamin B2: 0.07mg (4.27%), Folate: 16.53µg (4.13%), Potassium: 118.29mg (3.38%), Calcium: 28.65mg (2.87%), Vitamin B5: 0.26mg (2.6%), Vitamin B1: 0.02mg (1.42%), Vitamin E: 0.18mg (1.19%)