



Green Tea Soup



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound sable black (2 fillets; see Notes)
- ☐ 1 teaspoon sesame seeds black
- ☐ 2 teaspoons canola oil
- ☐ 2 spring onion
- ☐ 0.8 oz nori seaweed toasted (see Notes; optional)
- ☐ 1 teaspoon salt divided
- ☐ 2 cups short grain brown rice
- ☐ 8 ginger tea bags (see Notes)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ broiler
- ☐ measuring cup
- ☐ teapot

Directions

- ☐ In a medium saucepan, bring rice, 1/2 tsp. salt, and 4 cups water to a boil. Cover, reduce heat to a simmer, and cook until rice is tender to the bite, about 50 minutes.
- ☐ Remove rice from heat, uncover, and fluff with a fork.
- ☐ Meanwhile, cut nori into 1/4-in. strips and set aside. Slice green onions crosswise (including green parts) and set aside.
- ☐ Preheat broiler. Rub a baking sheet with oil. Put fish on sheet and turn over to oil both sides.
- ☐ Sprinkle with remaining 1/2 tsp. salt. Broil 3 to 4 in. away from broiler until cooked through (flesh flakes easily and is opaque in the center), about 5 minutes.
- ☐ Transfer fish to a plate and set aside.
- ☐ When rice is cooked, bring 8 cups water to a boil. In a large teapot, measuring cup, or pitcher, pour water over tea bags.
- ☐ Let steep 5 minutes.
- ☐ Meanwhile, put 1 cup rice in each of 4 large soup bowls.
- ☐ Place 1/2 fish fillet on each bed of rice.
- ☐ Pour 2 cups hot tea over each.
- ☐ Sprinkle with green onion and black sesame seeds.
- ☐ Serve immediately, with bowls of nori, tamari, and sesame oil on the side if you like.

Nutrition Facts



 PROTEIN **22.12%**  FAT **10.65%**  CARBS **67.23%**

Properties

Glycemic Index:31.44, Glycemic Load:42.86, Inflammation Score:-7, Nutrition Score:22.72217368043%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 464.69kcal (23.23%), Fat: 5.42g (8.34%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 77.02g (25.67%), Net Carbohydrates: 73.39g (26.69%), Sugar: 0.17g (0.19%), Cholesterol: 53.3mg (17.77%), Sodium: 932.7mg (40.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.34g (50.69%), Manganese: 3.84mg (191.8%), Phosphorus: 591.3mg (59.13%), Magnesium: 168.76mg (42.19%), Selenium: 26.22µg (37.45%), Vitamin B12: 2.25µg (37.42%), Vitamin B6: 0.66mg (32.92%), Vitamin B1: 0.46mg (30.88%), Vitamin B3: 5.69mg (28.44%), Vitamin B5: 1.86mg (18.61%), Copper: 0.34mg (16.97%), Zinc: 2.49mg (16.63%), Potassium: 573.69mg (16.39%), Fiber: 3.63g (14.53%), Vitamin K: 14.07µg (13.4%), Iron: 2.25mg (12.5%), Folate: 40.54µg (10.14%), Vitamin B2: 0.13mg (7.37%), Vitamin A: 361.62IU (7.23%), Vitamin E: 1.05mg (7.02%), Calcium: 55.6mg (5.56%), Vitamin C: 3.34mg (4.05%), Vitamin D: 0.57µg (3.78%)