

# Kenchinjiru



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 30 grams shiitake mushrooms dried (3 large mushrooms)
- 3.5 cups water boiling
- 1 tablespoon vegetable oil
- 140 grams carrots peeled sliced (, )
- 140 grams daikon radish peeled sliced (, )
- 1 teaspoon brown sugar
- 0.3 cup rice wine
- 140 grams taro peeled chopped (, )

- 300 grams tofu firm crumbled (squeezed and )
- 2 tablespoons soya sauce
- 1 teaspoon salt
- 100 grams edamame shelled
- 1 serving japanese shochu (optional garnish)
- 8 grams frangelico
- 70 grams frangelico shaved peeled (, )

## Equipment

- bowl
- pot

## Directions

- Lightly rinse the dried shiitake mushrooms to remove dust or dirt and put them in a bowl along with the konbu and 3 1/2 cups of boiling water.
- Let these rehydrate for 30 minutes.
- Prepare the other vegetables while you wait for the mushrooms to rehydrate.
- When the shiitake has rehydrated, squeeze the extra liquid out of them, and reserve the liquid.
- Remove and discard the stems from the mushrooms and chop up the caps. Discard the konbu.
- Add the vegetable oil to a heavy-bottomed pot over medium heat and saute the carrots, gobo, and daikon along with the brown sugar until they are fragrant (about 5 minutes).
- Add the sake and then allow the alcohol to burn off before proceeding.
- Add the reserved shiitake soaking liquid into the pot, but don't pour in the sediment at the bottom of the bowl, as it may contain some grit.
- Add the taro, soy sauce, and salt, and let the Kenchinjiru simmer until the vegetables are tender and the soup is flavorful (about 20-30 minutes).
- Finish the soup by adding the tofu and edamame during the last few minutes of cooking. Adjust the salt to taste and garnish with mitsuba.

# Nutrition Facts

PROTEIN 20.72% FAT 30.6% CARBS 48.68%

## Properties

Glycemic Index:41.31, Glycemic Load:6.36, Inflammation Score:-10, Nutrition Score:15.145652304525%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

## Nutrients (% of daily need)

Calories: 244.36kcal (12.22%), Fat: 7.81g (12.02%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 27.98g (9.33%), Net Carbohydrates: 22.34g (8.12%), Sugar: 4.87g (5.41%), Cholesterol: 0mg (0%), Sodium: 1134.84mg (49.34%), Alcohol: 3.22g (100%), Alcohol %: 0.9% (100%), Protein: 11.91g (23.81%), Vitamin A: 5873.85IU (117.48%), Copper: 0.56mg (27.81%), Fiber: 5.63g (22.53%), Vitamin B5: 1.93mg (19.27%), Potassium: 668.72mg (19.11%), Manganese: 0.33mg (16.65%), Calcium: 162.55mg (16.25%), Vitamin C: 11.48mg (13.92%), Iron: 2.4mg (13.35%), Vitamin B6: 0.25mg (12.56%), Vitamin K: 11.52µg (10.97%), Vitamin B3: 2.04mg (10.22%), Magnesium: 38.97mg (9.74%), Vitamin E: 1.41mg (9.38%), Folate: 37.42µg (9.35%), Phosphorus: 86.92mg (8.69%), Vitamin B2: 0.15mg (8.56%), Selenium: 4.39µg (6.27%), Vitamin B1: 0.09mg (6.01%), Zinc: 0.86mg (5.76%), Vitamin D: 0.29µg (1.95%)