



Korean-style Seaweed Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



62 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 pound beef top sirloin minced
- 1 teaspoon garlic minced
- 1 teaspoon salt to taste
- 1 ounce brown seaweed dried
- 2 teaspoons sesame oil
- 1.5 tablespoons soya sauce
- 6 cups water

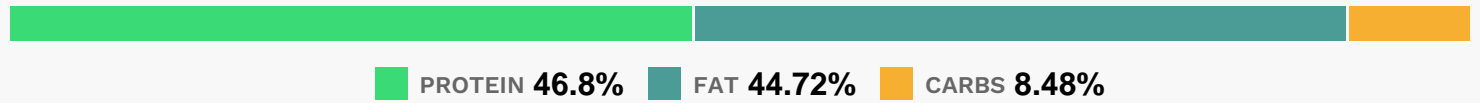
Equipment

sauce pan

Directions

- Soak seaweed in water to cover. When soft, drain, and cut into 2 inch pieces.
- Heat a saucepan over medium heat; add beef, sesame oil, 1/2 tablespoon soy sauce, and a little salt, and cook for 1 minute. Stir in seaweed and remaining 1 tablespoon soy sauce; cook for 1 minute, stirring frequently.
- Pour in 2 cups water, and bring to a boil. Stir in garlic and remaining 4 cups water. Bring to a boil, cover, and reduce heat. Simmer for 20 minutes. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:4.2934782602217%

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: 61.9kcal (3.09%), Fat: 3.05g (4.7%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 1.14g (0.41%), Sugar: 0.16g (0.18%), Cholesterol: 16.73mg (5.58%), Sodium: 1008.69mg (43.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.38%), Selenium: 8.94µg (12.78%), Vitamin B3: 2.14mg (10.7%), Vitamin B6: 0.2mg (10.05%), Zinc: 1.3mg (8.64%), Phosphorus: 72.72mg (7.27%), Magnesium: 21.55mg (5.39%), Vitamin K: 5.27µg (5.02%), Copper: 0.1mg (4.98%), Iron: 0.84mg (4.65%), Vitamin B12: 0.27µg (4.44%), Folate: 17.68µg (4.42%), Potassium: 124.95mg (3.57%), Vitamin B2: 0.06mg (3.28%), Manganese: 0.06mg (3.25%), Calcium: 31.86mg (3.19%), Vitamin B5: 0.26mg (2.61%), Vitamin B1: 0.03mg (2.02%), Vitamin E: 0.17mg (1.13%)