



Miso Seafood Stew

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup katsuo bushi loosely packed (katsuobushi)
- 2 medium carrots peeled cut into 2-in. matchsticks
- 4 quarter-size pieces ginger fresh
- 1.5 pounds pacific halibut black cut into 1 1/2-in. pieces
- 1 strip kombu kelp
- 0.5 cup lager (preferably Longboard)
- 1 large leek white green rinsed sliced well
- 0.5 cup shiro miso sweet white ()

- 0.8 pound sea scallops (per lb.)
- 0.8 pound shrimp (peeled per lb.), , tails left on if you like

Equipment

- bowl
- whisk
- pot
- sieve
- cheesecloth

Directions

- Bring 4 cups water, the ginger, and kombu to a boil in a large, wide pot. Reduce heat and simmer, covered, 4 minutes. Turn off heat, sprinkle in bonito flakes, and let sit 3 minutes (flakes will sink). Strain broth through a cheesecloth-lined fine-mesh strainer into a bowl.
- Rinse pot, then pour in broth.
- Add leek and carrots. Bring to a simmer and cook 2 minutes.
- Add black cod and scallops; simmer 1 minute.
- Add shrimp and cook 2 minutes more.
- Whisk miso with lager in a small bowl.
- Remove stew from heat and carefully stir in miso mixture.
- Serve with lemon zest and shiso for topping if you like.
- *Find kombu, a large seaweed sold dried, and bonito flakes with the Asian ingredients at well-stocked supermarkets and at natural-foods or Japanese markets. Find shiso, an aromatic herb, at Japanese markets and some farmers' markets.

Nutrition Facts

 **PROTEIN 72.46%**  **FAT 10.43%**  **CARBS 17.11%**

Properties

Glycemic Index:40.89, Glycemic Load:4.42, Inflammation Score:-10, Nutrition Score:24.519999939462%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 331.18kcal (16.56%), Fat: 3.58g (5.51%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 13.22g (4.41%), Net Carbohydrates: 11.05g (4.02%), Sugar: 3.04g (3.38%), Cholesterol: 173.67mg (57.89%), Sodium: 1293.05mg (56.22%), Alcohol: 0.77g (100%), Alcohol %: 0.3% (100%), Protein: 55.99g (111.99%), Selenium: 60.89µg (86.99%), Vitamin A: 3741.97IU (74.84%), Phosphorus: 631.49mg (63.15%), Vitamin B3: 8.38mg (41.92%), Vitamin B6: 0.79mg (39.38%), Vitamin D: 5.33µg (35.53%), Vitamin B12: 2.07µg (34.49%), Potassium: 1094.85mg (31.28%), Magnesium: 79.38mg (19.85%), Copper: 0.4mg (19.79%), Manganese: 0.35mg (17.53%), Zinc: 2.36mg (15.71%), Vitamin K: 16.48µg (15.7%), Folate: 42.38µg (10.6%), Iron: 1.67mg (9.29%), Fiber: 2.17g (8.68%), Calcium: 77.96mg (7.8%), Vitamin B1: 0.11mg (7.18%), Vitamin B2: 0.12mg (7%), Vitamin B5: 0.68mg (6.83%), Vitamin E: 0.98mg (6.52%), Vitamin C: 3.22mg (3.9%)