



HEALTH SCORE

68%

Nabemono: Japanese Salmon and Shiitake Hot Pot



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



20 min.

SERVINGS



6

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup katsuo bushi



0.5 pound daikon radish sliced thin



1 strip kombu



2 medium leeks white sliced thin



8 oz filet alaskan salmon wild-caught



4 oz carrot



0.5 pound mushroom caps sliced thin

- ☐ 0.3 pound pkt spinach finely chopped
- ☐ 1.5 quarts water
- ☐ 0.3 cup miso white

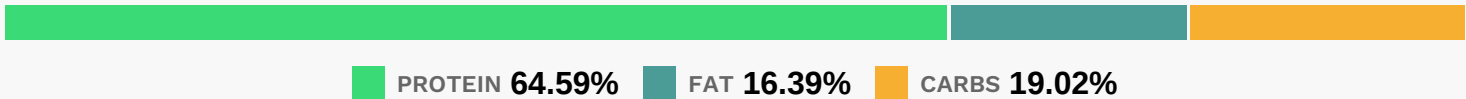
Equipment

- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Place kombu in a pot, if using, and cover with 1 1/2 quarts filtered water. Allow the kombu to soak for 15 minutes to soften it. Turn on the burner to a moderately high flame. When the water begins to bubble, stir in bonito flakes, and remove from heat. Cover and allow the bonito flakes to steep in the water until they to the bottom, about 10 minutes. Strain the broth, composting the bonito flakes. Preheat oven to 275 F. Rub miso paste along the interior of your nabe pot, clay baker or Dutch oven. Arrange salmon, leeks, shiitakes, radish and spinach in the pot.
- ☐ Pour hot dashi over the salmon and vegetables. Cover and transfer to the oven. Allow the stew to cook 15 minutes or until the fish is done to your liking.
- ☐ Remove the pot oven, lift lid and toss in spinach. Return lid to the clay baker and allow the spinach to wilt in the residual heat of the soup – about 5 minutes. Ladle into individual soup bowls and top with salmon roe.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:3.48, Inflammation Score:-9, Nutrition Score:24.613913059235%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 276.87kcal (13.84%), Fat: 4.69g (7.21%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 9.1g (3.31%), Sugar: 3.79g (4.21%), Cholesterol: 117.89mg (39.3%), Sodium: 610.93mg (26.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.53g (83.06%), Vitamin K: 108.85µg (103.66%), Vitamin A: 2348.56IU (46.97%), Vitamin B12: 2.72µg (45.39%), Selenium: 25.12µg (35.89%), Vitamin B6: 0.59mg (29.74%), Potassium: 952.64mg (27.22%), Vitamin B2: 0.44mg (26.16%), Vitamin B3: 5.21mg (26.06%), Manganese: 0.52mg (26.01%), Folate: 97.44µg (24.36%), Phosphorus: 240.54mg (24.05%), Vitamin C: 19.76mg (23.95%), Copper: 0.36mg (17.85%), Vitamin D: 2.44µg (16.25%), Vitamin B5: 1.53mg (15.31%), Magnesium: 59.65mg (14.91%), Vitamin E: 1.98mg (13.21%), Vitamin B1: 0.19mg (12.52%), Fiber: 3.12g (12.48%), Iron: 2.15mg (11.93%), Zinc: 1.33mg (8.88%), Calcium: 69.78mg (6.98%)