



Passover Tori Tsukune Nabe (Japanese Chicken Meatball Hot Pot)



Gluten Free



Dairy Free



Popular

READY IN



90 min.

SERVINGS



6

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 tsp pepper black freshly ground
- ☐ 1 medium carrots cut into slices crosswise (half-moon shape) cut in half lengthwise, then
- ☐ 4 cups chicken stock see
- ☐ 4 oz crimini mushrooms sliced
- ☐ 1 large eggs
- ☐ 1 tbsp ginger fresh grated
- ☐ 1 lb ground chicken

- ☐ 1 leek white green finely chopped
- ☐ 0.5 small napa cabbage roughly chopped (core removed and discarded)
- ☐ 1 tsp sea salt fine
- ☐ 4 cups water boiling (but not)

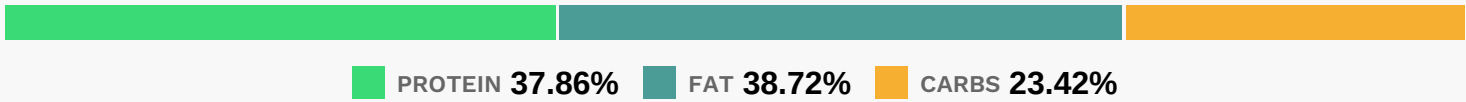
Equipment

- ☐ pot

Directions

- ☐ Save Recipe
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- ☐ Passover Tori Tsukune Nabe (Japanese Chicken Meatball Hot Pot)
- ☐ Shiitake Mushroom Broth Ingredients4 cups warm (but not boiling) water5 or 6 large dried shiitake mushrooms (.75 ounces)Tsukune (Chicken Meatball) Ingredients1 lb ground chicken1 large egg1 leek, white and pale green part, finely chopped1 tbsp fresh grated ginger1 tsp fine sea salt
- ☐ Ingredients4 cups chicken stock1/2 small napa cabbage, roughly chopped (core removed and discarded)1 medium carrot, cut in half lengthwise, then cut into slices crosswise (half-moon shape)4 oz cremini mushrooms, sliced1/2 tsp freshly ground black pepper
- ☐ Total Time: 1 Hour 30 Minutes
- ☐ Servings: 6
- ☐ Kosher Key: Meat, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:26.31, Glycemic Load:1.45, Inflammation Score:-9, Nutrition Score:19.120434688485%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 208.35kcal (10.42%), Fat: 9.09g (13.98%), Saturated Fat: 2.56g (16.02%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 10.74g (3.9%), Sugar: 5.02g (5.58%), Cholesterol: 100.81mg (33.6%), Sodium: 699.51mg (30.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.99g (39.99%), Vitamin A: 2234.93IU (44.7%), Vitamin K: 41.71µg (39.73%), Vitamin B3: 7.94mg (39.68%), Vitamin B6: 0.74mg (37.23%), Vitamin B2: 0.5mg (29.26%), Vitamin C: 23.01mg (27.89%), Selenium: 19.33µg (27.61%), Potassium: 903.67mg (25.82%), Phosphorus: 248.11mg (24.81%), Folate: 88.23µg (22.06%), Copper: 0.32mg (15.79%), Manganese: 0.29mg (14.73%), Vitamin B1: 0.21mg (13.72%), Vitamin B5: 1.37mg (13.69%), Zinc: 1.89mg (12.59%), Magnesium: 42.47mg (10.62%), Iron: 1.78mg (9.88%), Calcium: 93.16mg (9.32%), Vitamin B12: 0.52µg (8.61%), Fiber: 1.63g (6.52%), Vitamin E: 0.64mg (4.27%), Vitamin D: 0.19µg (1.24%)