



Saga Wagyu Sukiyaki

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 substitute bean-noodles drained and rinsed (shirataki)
- ☐ 12 oz saga wagyu beef thinly sliced
- ☐ 2 cups nappa cabbage cut into 1" pieces
- ☐ 1 cup dashi granules
- ☐ 1 piece wagyu fat
- ☐ 1 bunch enoki mushrooms
- ☐ 12 mushroom caps fresh
- ☐ 0.5 cup mirin

- ☐ 0.5 cup sake
- ☐ 1 scallion
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup sugar
- ☐ 8 oz tofu 1" x 1 diced firm
- ☐ 2 bunches water cress

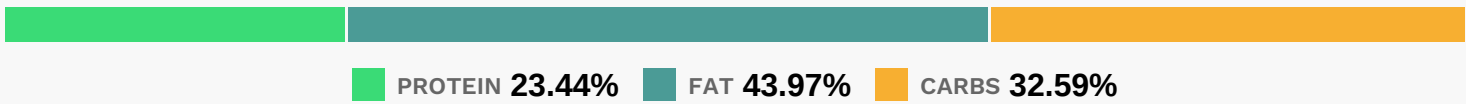
Equipment

- ☐ frying pan
- ☐ chopsticks

Directions

- ☐ Preheat a casserole type of large pan.
- ☐ Place the fat piece to oil the pan.
- ☐ When the fat melts, place slices of wagyu beef to sear them lightly.
- ☐ Add mirin, sake, soy sauce and sugar.
- ☐ Add tofu, Nappa cabbage, shiitake mushrooms, and scallion.
- ☐ Pour in half of the dashi. When dashi boils, add enoki mushrooms and chrysanthemum leaves.
- ☐ When the leaves wilt, it is ready to serve.
- ☐ * In Japan sukiyaki is cooked on the dining table, and each person uses chopsticks to pick up the ingredients from the pan as they are cooked. Therefore, all the ingredients are not put into the pan at once, but little by little.

Nutrition Facts



Properties

Glycemic Index:52.02, Glycemic Load:10.12, Inflammation Score:-4, Nutrition Score:15.319999938426%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 443.92kcal (22.2%), Fat: 20.43g (31.43%), Saturated Fat: 7g (43.77%), Carbohydrates: 34.06g (11.35%), Net Carbohydrates: 31.44g (11.43%), Sugar: 22.16g (24.62%), Cholesterol: 60.62mg (20.21%), Sodium: 1570.21mg (68.27%), Alcohol: 7.78g (100%), Alcohol %: 2.63% (100%), Protein: 24.5g (49%), Vitamin B3: 6.94mg (34.69%), Vitamin K: 34.46µg (32.82%), Vitamin B12: 1.88µg (31.35%), Zinc: 4.22mg (28.11%), Vitamin B6: 0.49mg (24.41%), Phosphorus: 237.2mg (23.72%), Selenium: 16.38µg (23.4%), Iron: 3.34mg (18.58%), Vitamin B2: 0.28mg (16.7%), Vitamin C: 13.37mg (16.21%), Potassium: 527.21mg (15.06%), Manganese: 0.26mg (13.17%), Calcium: 127.05mg (12.71%), Vitamin B5: 1.21mg (12.1%), Fiber: 2.62g (10.48%), Magnesium: 37.85mg (9.46%), Copper: 0.18mg (9.1%), Folate: 34.43µg (8.61%), Vitamin B1: 0.08mg (5.21%), Vitamin E: 0.51mg (3.41%), Vitamin D: 0.26µg (1.73%), Vitamin A: 66.65IU (1.33%)