



Salmon-Miso Sinigang (Filipino Sour Soup)

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



6

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 8 ounces daikon radish peeled halved lengthwise
- 1 cup wine dry white
- 2 tablespoons fish sauce
- 3 medium garlic clove minced
- 1 teaspoon kosher salt as needed plus more
- 3 tablespoons juice of lime as needed freshly squeezed plus more (from 2 medium limes or 2 large calamansi)
- 1 cup mustard greens such as mizuna packed coarsely chopped

- 1 small onion red
- 2 medium roma tomatoes cored
- 1 pound salmon cut into 1-inch cubes
- 1 tablespoon vegetable oil
- 4 cups water
- 2 tablespoons miso white

Equipment

- bowl
- sauce pan
- ladle
- pot

Directions

- Heat the oil in a large saucepan over medium heat until shimmering.
- Add the onion, garlic, and measured salt and cook, stirring occasionally, until softened, about 5 to 8 minutes.
- Add the tomatoes and cook, stirring occasionally, until softened, about 3 to 5 minutes. Increase the heat to medium high, add the wine, scrape up any browned bits from the bottom of the pot, and bring to a boil. Reduce the heat to medium low and simmer until the wine is reduced by about half, about 7 minutes.
- Add the water, daikon, measured calamansi or lime juice, and fish sauce, stir to combine, and return to a simmer. Reduce the heat to low, cover with a tightfitting lid, and simmer until the daikon starts to soften, about 10 minutes. Ladle about 1/2 cup of the liquid into a small bowl, add the miso, and stir until completely dissolved.
- Add the miso mixture back to the pot and stir to combine. Increase the heat to medium, add the salmon and greens, and stir to combine. Simmer until the salmon is just cooked through and the greens have softened, about 3 minutes. Taste and season with additional salt and calamansi or lime juice as needed. Ladle into bowls, season with pepper, and serve with steamed rice.

Nutrition Facts



PROTEIN 40.21% FAT 40.03% CARBS 19.76%

Properties

Glycemic Index:44.5, Glycemic Load:1.93, Inflammation Score:-7, Nutrition Score:16.883043309917%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 198.25kcal (9.91%), Fat: 7.55g (11.62%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 6.54g (2.38%), Sugar: 3.49g (3.87%), Cholesterol: 41.58mg (13.86%), Sodium: 1125.09mg (48.92%), Alcohol: 4.12g (100%), Alcohol %: 1.36% (100%), Protein: 17.07g (34.14%), Selenium: 29.24µg (41.78%), Vitamin B12: 2.44µg (40.62%), Vitamin B6: 0.77mg (38.39%), Vitamin B3: 6.49mg (32.46%), Vitamin K: 32.12µg (30.59%), Vitamin C: 21.79mg (26.41%), Vitamin B2: 0.34mg (19.97%), Phosphorus: 195.71mg (19.57%), Potassium: 641.6mg (18.33%), Copper: 0.33mg (16.45%), Vitamin B1: 0.22mg (14.35%), Vitamin B5: 1.43mg (14.34%), Magnesium: 55.02mg (13.75%), Manganese: 0.22mg (11.17%), Folate: 42.54µg (10.63%), Vitamin A: 495.08IU (9.9%), Iron: 1.35mg (7.47%), Fiber: 1.86g (7.42%), Zinc: 0.88mg (5.84%), Calcium: 54.88mg (5.49%), Vitamin E: 0.51mg (3.38%)