



## Savory Broth



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



27 kcal

SIDE DISH

### Ingredients



1 cup dashi granules



0.3 cup mirin



0.3 cup soya sauce

### Equipment

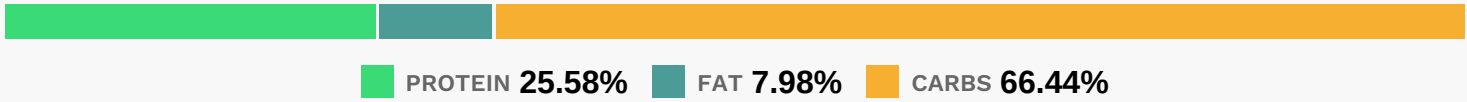


sauce pan

### Directions

- ☐ Combine ingredients in a small saucepan; bring to a slow simmer. Set aside and keep hot until ready to use.
- ☐ Chef John Recommends: A crisp, non-oaked Sauvignon Blanc with good acidity. Alternative
- ☐ Pours: Pinot Grigio, or a sparkling Cava from Spain. This might also be a chance to expand your wine horizons and try a Vermentino or Verduzzo from Italy.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.0434782614365%

Nutrients (% of daily need)

Calories: 26.76kcal (1.34%), Fat: 0.25g (0.39%), Saturated Fat: 0.06g (0.34%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 4.67g (1.7%), Sugar: 2.51g (2.79%), Cholesterol: 0mg (0%), Sodium: 744.53mg (32.37%), Alcohol: 0.98g (100%), Alcohol %: 2.07% (100%), Protein: 1.83g (3.66%), Vitamin B3: 0.94mg (4.7%), Phosphorus: 24.77mg (2.48%), Manganese: 0.05mg (2.41%), Iron: 0.32mg (1.75%), Copper: 0.03mg (1.69%), Vitamin B2: 0.03mg (1.58%), Potassium: 55.47mg (1.58%), Calcium: 14.13mg (1.41%), Vitamin B6: 0.02mg (1.17%), Magnesium: 4.27mg (1.07%)