



Shabu-Shabu

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

READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

699 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 quarts chicken stock see
- ☐ 2 teaspoons ginger fresh minced
- ☐ 2 green onions finely chopped
- ☐ 0.3 cup mirin sweet (Japanese rice wine)
- ☐ 6 leaves napa shredded chinese
- ☐ 6 long onions
- ☐ 2 pounds prime quality paper-thin for 20 minutes will facilitate slicing meat cut into slices, each slice measuring 8 by 3 inches (freezing the meat)
- ☐ 1 cup giant radish white grated

- ☐ 0.5 teaspoon pepper flakes red hot
- ☐ 0.3 cup rice vinegar
- ☐ 0.5 cup scallion minced
- ☐ 12 large mushroom caps trimmed halved
- ☐ 0.5 cup soya sauce
- ☐ 2 cakes tofu cut into 1 1/2-inch squares

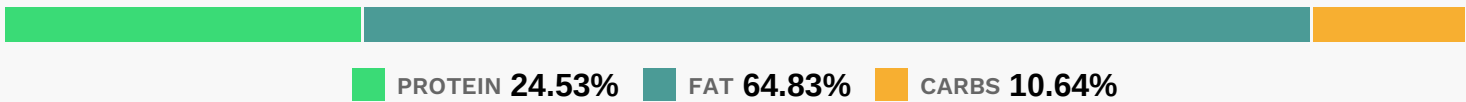
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ Arrange the meat slices and vegetables separately on large round platters.
- ☐ Fill the casserole or fondue pot about 2/3 full with chicken stock and bring to a boil.
- ☐ Each eater picks up meat and vegetables and "swishes" (shabu shabu) back and forth in the pot until cooked to desired doneness.
- ☐ Dip meat and vegetables in dipping sauces.
- ☐ When foam rises to the top, skim it off with a ladle or spoon. The broth can be eaten as a soup after meat has been eaten.
- ☐ Whisk all ingredients together in a bowl.

Nutrition Facts



Properties

Glycemic Index:47.83, Glycemic Load:1.52, Inflammation Score:-6, Nutrition Score:22.987826316253%

Flavonoids

Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 698.6kcal (34.93%), Fat: 49.16g (75.62%), Saturated Fat: 18.23g (113.94%), Carbohydrates: 18.14g (6.05%), Net Carbohydrates: 15.22g (5.53%), Sugar: 6.08g (6.76%), Cholesterol: 98.54mg (32.85%), Sodium: 1511.14mg (65.7%), Alcohol: 1.61g (100%), Alcohol %: 0.32% (100%), Protein: 41.85g (83.7%), Vitamin B12: 3.51µg (58.42%), Vitamin K: 51.27µg (48.83%), Selenium: 33.85µg (48.36%), Vitamin B3: 9.41mg (47.06%), Zinc: 5.48mg (36.5%), Vitamin B6: 0.7mg (35.11%), Phosphorus: 333.36mg (33.34%), Iron: 5.49mg (30.52%), Vitamin B2: 0.49mg (28.95%), Potassium: 853.85mg (24.4%), Calcium: 220.22mg (22.02%), Copper: 0.33mg (16.37%), Manganese: 0.29mg (14.71%), Vitamin B1: 0.22mg (14.51%), Folate: 57.87µg (14.47%), Magnesium: 53.4mg (13.35%), Fiber: 2.92g (11.7%), Vitamin C: 8.84mg (10.71%), Vitamin B5: 0.94mg (9.36%), Vitamin A: 374.11IU (7.48%), Vitamin E: 0.27mg (1.8%)