



HEALTH SCORE

52%

Shabu Shabu



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 225 grams sirloin beef sliced
- ☐ 1 cup katsuo bushi dried
- ☐ 115 grams enoki mushrooms
- ☐ 85 grams kombu' seaweed dried
- ☐ 1 jar ponzu-joyu dipping sauce
- ☐ 115 grams mushroom caps
- ☐ 4 servings sticky rice white cooked
- ☐ 115 grams spicy tofu cut into chunks

- ☐ 1 bunch watercress trimmed
- ☐ 2 cups water cold (1 pint)

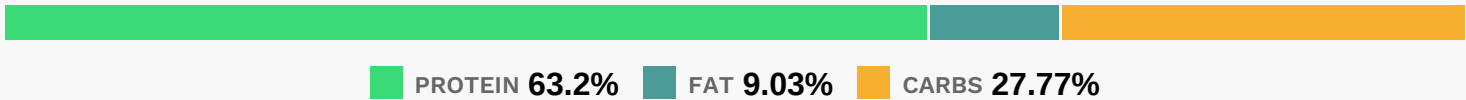
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ chopsticks

Directions

- ☐ Put the water in a pan and add the dried seaweed. Simmer over a medium heat for about 10 minutes. Pull out the kombu when the water starts to boil. To enhance the flavour you can add some dried bonito flakes 5 minutes before taking the kombu out. It is important not to let the water and kombu boil. Strain the broth, discarding the kombu and bonito flakes.
- ☐ Place the beef between 2 sheets of cling film and bash with the back of a knife until it is very thin. Slice the beef into thin strips and place on a serving plate.
- ☐ Bring the broth to the boil.
- ☐ Add the shiitake mushrooms, followed by the enoki mushrooms, then the tofu and finally the watercress.
- ☐ Serve this pan of boiling broth at the table immediately and get your guests to cook their beef by dipping it in the broth with chopsticks.
- ☐ Give each guest a bowl of rice and a bowl for their broth, and a small dish of the ponzu dipping sauce. Don't forget the sake or Japanese beer.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.48, Inflammation Score:-4, Nutrition Score:15.279130487338%

Flavonoids

Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 404.44kcal (20.22%), Fat: 3.66g (5.64%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 22.44g (8.16%), Sugar: 1.02g (1.13%), Cholesterol: 70.57mg (23.52%), Sodium: 263.15mg (11.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.69g (115.37%), Vitamin B3: 7.08mg (35.39%), Selenium: 23.55µg (33.64%), Vitamin K: 30.27µg (28.83%), Potassium: 941.22mg (26.89%), Vitamin B6: 0.5mg (24.87%), Zinc: 3.44mg (22.95%), Phosphorus: 196.21mg (19.62%), Manganese: 0.38mg (19.03%), Folate: 63.97µg (15.99%), Vitamin B5: 1.52mg (15.15%), Vitamin B2: 0.25mg (14.53%), Iron: 2.53mg (14.08%), Magnesium: 55.85mg (13.96%), Vitamin B12: 0.7µg (11.72%), Fiber: 2.9g (11.61%), Copper: 0.22mg (11.01%), Vitamin B1: 0.15mg (10.14%), Calcium: 96.25mg (9.63%), Vitamin A: 224.09IU (4.48%), Vitamin C: 3.33mg (4.03%), Vitamin E: 0.44mg (2.91%)