



Udon Soup with Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 ounce katsuo bushi
- ☐ 1 inch ginger fresh peeled thinly sliced
- ☐ 2 green onions trimmed
- ☐ 2 large sheets kombu (kelp)
- ☐ 2.5 tablespoons soya sauce low-sodium
- ☐ 1 ounce mushroom blend dried
- ☐ 2 tablespoons rice vinegar
- ☐ 1 pound shrimp deveined peeled

- ☐ 1 tablespoon sugar
- ☐ 14 ounce udon noodles fresh
- ☐ 2 quarts water cold

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Wipe kombu clean with a cloth; cut sheeting lengthwise into 3-inch pieces.
- ☐ Place kombu in a large saucepan over medium-high heat; cover with 2 quarts cold water.
- ☐ Heat mixture to 180 or until tiny bubbles form around edge (do not boil). Reduce the heat to medium-low, and simmer 20 minutes.
- ☐ Remove from heat; discard kombu. Stir in bonito and ginger; let stand 10 minutes or until bonito sinks. Strain through a cheesecloth-lined colander over a bowl; discard solids.
- ☐ Wipe pan clean. Return broth to pan; bring to a boil.
- ☐ Remove from heat. Stir in mushrooms; let stand 20 minutes. Strain mixture through a cheesecloth-lined colander over a bowl, reserving mushrooms and broth. Wipe pan clean. Return broth to pan; bring to a simmer. Coarsely chop mushrooms.
- ☐ Cook noodles according to package directions; drain.
- ☐ Cut onions into 1-inch pieces; cut each piece in half lengthwise.
- ☐ Cut onion pieces lengthwise into thin strips.
- ☐ Combine sugar, soy sauce, and vinegar in a small bowl, stirring well.
- ☐ Add shrimp to broth; cook 1 minute. Stir in mushrooms; cook 30 seconds.
- ☐ Remove from heat; stir in vinegar mixture.
- ☐ Place about 1 cup noodles in each of 4 bowls; top with 2 cups broth mixture. Divide onion strips evenly among bowls.

Nutrition Facts



Properties

Glycemic Index:64.11, Glycemic Load:37.48, Inflammation Score:-1, Nutrition Score:7.0882609071939%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 469.24kcal (23.46%), Fat: 3.36g (5.17%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 71.61g (23.87%), Net Carbohydrates: 65.71g (23.89%), Sugar: 12.42g (13.8%), Cholesterol: 183.76mg (61.25%), Sodium: 1717.19mg (74.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.07g (80.14%), Copper: 0.54mg (27.22%), Phosphorus: 270.55mg (27.06%), Fiber: 5.9g (23.61%), Magnesium: 55.38mg (13.84%), Vitamin K: 12.75µg (12.14%), Zinc: 1.76mg (11.7%), Potassium: 395.97mg (11.31%), Calcium: 95.86mg (9.59%), Manganese: 0.12mg (5.76%), Iron: 0.87mg (4.84%), Vitamin B2: 0.05mg (2.71%), Folate: 10.25µg (2.56%), Vitamin B3: 0.44mg (2.18%), Vitamin B6: 0.04mg (2.16%), Vitamin B5: 0.15mg (1.5%), Vitamin C: 1.23mg (1.49%), Vitamin A: 60.4IU (1.21%)