



Vegetarian Dashi



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



36 kcal

SIDE DISH

Ingredients

- 2 ounces mushroom caps dried coarsely chopped
- 1 ounce kombu dried (5 [7-inch] pieces)
- 8.5 cups water divided

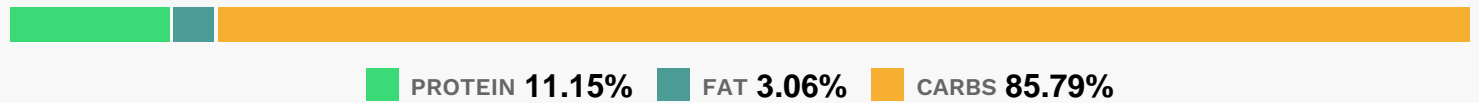
Equipment

- bowl
- dutch oven
- colander

Directions

- Place 8 cups water and mushrooms in a Dutch oven; bring to a boil. Reduce heat, and simmer 45 minutes.
- Add the remaining 1/2 cup water and kelp; bring to a boil.
- Remove from heat.
- Drain mixture in a colander over a bowl, reserving mushrooms for another use; discard kelp. Store dashi in an airtight container in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:6.2647826010766%

Nutrients (% of daily need)

Calories: 36kcal (1.8%), Fat: 0.14g (0.22%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 7.71g (2.8%), Sugar: 0.28g (0.32%), Cholesterol: 0mg (0%), Sodium: 34.79mg (1.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Copper: 0.66mg (32.87%), Vitamin B5: 2.52mg (25.17%), Vitamin B2: 0.15mg (8.97%), Vitamin B3: 1.63mg (8.13%), Selenium: 5.27µg (7.52%), Manganese: 0.14mg (7.23%), Folate: 28.69µg (7.17%), Zinc: 0.98mg (6.52%), Magnesium: 25.85mg (6.46%), Fiber: 1.38g (5.51%), Vitamin B6: 0.11mg (5.48%), Potassium: 179mg (5.11%), Phosphorus: 35.72mg (3.57%), Vitamin K: 3.74µg (3.56%), Vitamin D: 0.44µg (2.95%), Vitamin B1: 0.04mg (2.46%), Calcium: 22.84mg (2.28%), Iron: 0.36mg (1.98%)