

# Weeknight Bone Broth Ramen (Paleo, Soy-free)

Yield: 1 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/gomasio-japanese-spice-recipe>

## Ingredients:

- 12 ounces bone broth or 12 oz. water plus bone broth protein powder
- 1 tablespoon coconut aminos
- 1 teaspoon ume plum vinegar
- 2 teaspoons ginger juice or fresh grated ginger
- 4 ounces noodles shirataki, or kelp noodles, like these
- 1 soft-boiled egg
- 1 handful spinach or other greens
- 1 portabello mushroom
- 1 scallion stem, green only for low FODMAP
- 1 pinch sea salt to taste
- nori strips or flakes
- sesame seeds
- gomasio

## Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 93 grams
3. Cholesterol: 305 milligrams
4. Fat: 15 grams
5. Fiber: 6 grams
6. Protein: 33 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1080 milligrams
9. Sugar: 10 grams

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