

Japanese Donabe Clay Pot Seafood Soup

Yield: 2 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-cabbage-soup-recipe>

Ingredients:

- 2 cups dashi
- 1/4 cup mirin
- 1/4 cup low sodium soy sauce
- 2 scallions
- 1 bowl ice water
- 2 cups napa cabbage rinsed and cut into 2-inch sized pieces
- 4 littleneck clams
- 4 jumbo shrimp head on
- 1 filet haddock, cut into 2-inch chunks
- 3 ounces enoki mushrooms
- 1 cup baby carrots

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 30 milligrams
4. Fat: 3 grams
5. Fiber: 5 grams
6. Protein: 16 grams
7. Sodium: 1530 milligrams
8. Sugar: 5 grams

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