

Oden (Japanese One-Pot Fish Cake Stew)

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-steamed-fish-cake-recipe>

Ingredients:

- 4 hard boiled eggs or medium
- 300 grams daikon radish
- 100 grams carrot
- 7 ounces konjac konnyaku, shirataki noodles or block
- 15 ounces fishcakes mix of, and fish balls
- karashi mustard optional but recommended
- 6 1/2 cups water
- 4 kelp x 4 inch square
- 1/4 cup soy sauce
- 2 1/2 tablespoons mirin
- 45 grams bonito flakes

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 255 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 26 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1480 milligrams
9. Sugar: 8 grams
10. TransFat: 1 grams

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