

# Japanese Style Kabocha Squash (Kabocha No Nimono)

Yield: 2 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-kabocha-chicken-recipe>

## Ingredients:

- 1 pound kabocha squash
- 1 1/2 cups broth dashi, or 1 teaspoon dashi powder dissolve in 2 cups water
- 1 tablespoon sugar
- 1 tablespoon mirin
- 2 tablespoons soy sauce

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 29 grams
3. Fat: 1 grams
4. Fiber: 5 grams
5. Protein: 7 grams
6. Sodium: 1490 milligrams
7. Sugar: 11 grams

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