

Japanese Spinach – Ohitashi

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 cup dashi
- 1/4 cup soy sauce
- 2 tablespoons mirin
- 1 bunch spinach
- 2 teaspoons bonito flakes

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 5 grams
3. Fat: 0.5 grams
4. Fiber: 2 grams
5. Protein: 5 grams
6. Sodium: 1060 milligrams

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