

Dashi Stock - Basic Japanese Sea Stock

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 4 cups water preferably bottled water
- 1 piece kombu dried seaweed
- 1 cup bonito flakes

Nutrition:

1. Calories: 35 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 10 milligrams
4. Protein: 6 grams
5. Sodium: 45 milligrams

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