

SALMON BELLY MISO SOUP

Yield: 6 min
Total Time: 50 min

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

Ingredients:

- 6 cups water
- 2 tablespoons miso paste or to taste
- 2 packets dashi powder sachet or ½ tbsp dashi powder, refer to the dashi packaging instructions
- 2/3 pound salmon belly - rinsed and cut into 3-4 cm lengths
- 2 9/16 cups daikon white radish - peeled and cut into bite sized pieces
- 1 small carrot peeled and cut into small pieces
- 1 7/8 cups napa cabbage chopped coarsely
- 7/8 cup enoki mushrooms ends trimmed and rinsed
- 1 block silken tofu cut into small cubes
- 2 tablespoons wakame dried, Japanese seaweed

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 25 milligrams
4. Fat: 6 grams
5. Fiber: 3 grams
6. Protein: 19 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 300 milligrams
9. Sugar: 3 grams

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