

Fish Ball Soup

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 6 cups dashi homemade
- 2 inches ginger piece, sliced
- 2 whole star anise
- 3 tablespoons soy sauce
- 1 piece yellow rock sugar
- 1 garlic clove sliced
- 1/4 teaspoon ground white pepper
- 8 ounces fish balls package pre-cooked, or DIY, thawed
- 3 cups spinach leaves packed
- 3 tablespoons sliced green onions
- 1/4 cup cilantro leaves chopped

Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 5 milligrams
4. Fat: 3.5 grams
5. Fiber: 1 grams
6. Protein: 9 grams
7. Sodium: 1240 milligrams

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