

Japanese Seaweed Broth

Yield: 2 min
Total Time: 30 min

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

Ingredients:

- 1 ounce seaweed dried Kombu
- dried bonito flake
- 2 ounces lotus root fresh
- 1 teaspoon vegetable oil neutral
- 4 scallops ready to cook
- sesame oil a little
- 2 sprigs cilantro to taste

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 5 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 45 milligrams

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