



a : miso soup with clams



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



131 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb clams fresh scrubbed (clean)
- ☐ 2 quarts fish stock
- ☐ 0.3 cup miso paste white
- ☐ 6 scallions light white green sliced thin (and parts)
- ☐ 2 tbsp wakame seaweed dried

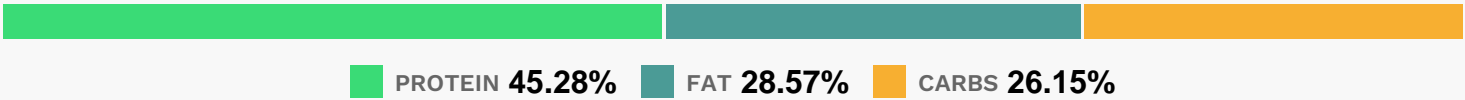
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Set the dried wakame in a boil and pour enough filtered cold water over the seaweed to cover it by about a half inch. Allow the wakame to sit in the cold water for about ten minutes. Meanwhile, boil or steam the fresh clams until they open. As they open remove them to serving bowls. Discard any clams that do not open. After the wakame has soaked for ten minutes, rinse and drain it.
- ☐ Heat the dashi or fish stock until barely simmering and add the wakame. Slowly simmer the wakame in the broth for about two to three minutes.
- ☐ Remove the wakame and broth from the heat, allowing it to cool for about five minutes before whisking one-quarter cup white miso paste into the broth until it's fully and completely dissolved.
- ☐ Pour the broth over the clams, garnishing with sliced thinly sliced scallions.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:2.53, Inflammation Score:-4, Nutrition Score:12.476956548898%

Flavonoids

Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 131.25kcal (6.56%), Fat: 4.09g (6.29%), Saturated Fat: 0.85g (5.28%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 7.01g (2.55%), Sugar: 1.93g (2.14%), Cholesterol: 5.1mg (1.7%), Sodium: 2180mg (94.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.14%), Vitamin K: 43.41µg (41.34%), Vitamin B12: 2.41µg (40.15%), Vitamin B3: 6.83mg (34.16%), Phosphorus: 211.62mg (21.16%), Calcium: 175.09mg (17.51%), Copper: 0.34mg (17.23%), Potassium: 501.78mg (14.34%), Selenium: 9.85µg (14.07%), Vitamin B2: 0.21mg (12.29%), Manganese: 0.23mg (11.29%), Iron: 2.02mg (11.21%), Folate: 39.46µg (9.87%), Zinc: 1.08mg (7.2%), Vitamin E: 0.95mg (6.34%), Fiber: 1.41g (5.63%), Magnesium: 22.49mg (5.62%), Vitamin A: 273.37IU (5.47%), Vitamin B6: 0.09mg (4.71%), Vitamin C: 3.46mg (4.19%), Vitamin B1: 0.03mg (2.05%), Vitamin B5: 0.11mg (1.14%)