



## Adzuki Bean Miso Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



105 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 cups adzuki beans dried canned rinsed cooked drained
- 2 vegetable cube (0.75 ounce total)
- 0.3 cup miso white (fermented bean paste)
- 4 slices spring onion thin
- 4 cups water
- 3 medium carrots
- 2 teaspoons vegetable oil

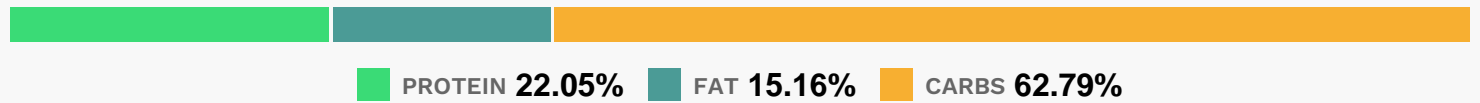
## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- In a 4-quart heavy saucepan bring water to a boil and add bouillon cubes, stirring until dissolved.
- Add beans and simmer, stirring occasionally, 15 minutes.
- In a heavy skillet heat oil over moderately high heat until it just begins to smoke and stir-fry carrots until crisp-tender, about 3 minutes. Stir carrots into soup.
- In a small bowl stir together miso and 1/2 cup hot broth until combined will and stir into soup. Bring soup just to a boil, stirring occasionally, and stir in scallions and pepper to taste.
- Each serving about 431 calories and 4 grams fat (8% calories from fat).
- Gourmet

## Nutrition Facts



## Properties

Glycemic Index:15.54, Glycemic Load:1.58, Inflammation Score:-9, Nutrition Score:5.9252176119582%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 105.23kcal (5.26%), Fat: 1.73g (2.66%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 11.98g (4.36%), Sugar: 1.51g (1.68%), Cholesterol: 0mg (0%), Sodium: 461.53mg (20.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Vitamin A: 3407.96IU (68.16%), Fiber: 4.15g (16.62%), Iron: 1.36mg (7.57%), Vitamin K: 7.68µg (7.32%), Potassium: 240.27mg (6.86%), Manganese: 0.1mg (4.77%), Calcium: 37.54mg (3.75%), Copper: 0.06mg (2.92%), Vitamin B6: 0.04mg (2.18%), Phosphorus: 19.43mg (1.94%), Magnesium: 7.25mg (1.81%), Vitamin B2: 0.03mg (1.76%), Zinc: 0.26mg (1.71%), Vitamin C: 1.28mg (1.56%), Vitamin E: 0.22mg (1.46%), Vitamin B1: 0.02mg (1.41%), Folate: 5.6µg (1.4%), Vitamin B3: 0.27mg (1.36%)