



Asian Greens and Tofu Soup



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups bok choy coarsely chopped
- ☐ 0.5 cup katsuo bushi dried
- ☐ 12.3 oz extra-firm silken tofu dry cut into 1/2-in. cubes
- ☐ 2 teaspoons ginger fresh grated
- ☐ 4 cups asian greens such as tatsoi and broccoli mixed chinese coarsely chopped
- ☐ 2 pieces kombu (4 in. each)
- ☐ 2 bunches scallions thinly sliced
- ☐ 0.5 cup miso white yellow

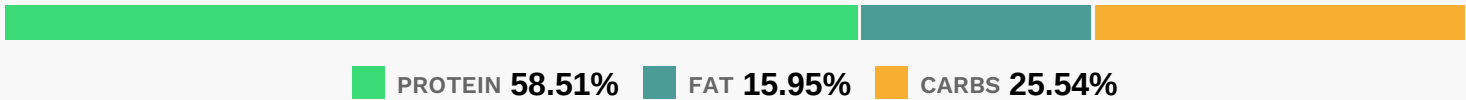
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Make dashi: Soak kombu in 8 cups cold water for 20 minutes. Bring to a boil and add bonito.
- ☐ Remove from heat, let sit 5 minutes, then strain through a fine-meshed strainer into a large saucepan.
- ☐ In a small bowl, mix 2 cups hot dashi with miso, stirring until there are no lumps, then stir back into rest of dashi.
- ☐ Bring liquid to a gentle simmer (do not boil) and stir in greens, bok choy, scallions, and ginger. Once greens have wilted, stir in tofu and let simmer 5 minutes, then divide among bowls and serve immediately.
- ☐ Serve with chili sauce and/or sesame oil, if you like.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:2.93, Inflammation Score:-8, Nutrition Score:10.469999981963%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 155.05kcal (7.75%), Fat: 2.59g (3.99%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 9.34g (3.11%), Net Carbohydrates: 7.47g (2.72%), Sugar: 2.61g (2.9%), Cholesterol: 13.21mg (4.4%), Sodium: 975.87mg (42.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.4g (42.8%), Vitamin A: 1966.82IU (39.34%), Vitamin K: 39.42µg (37.54%), Vitamin C: 23.48mg (28.47%), Manganese: 0.31mg (15.33%), Potassium: 467.77mg (13.36%),

Phosphorus: 121.23mg (12.12%), Copper: 0.24mg (12.09%), Folate: 43.11µg (10.78%), Iron: 1.84mg (10.23%),
Magnesium: 38.56mg (9.64%), Calcium: 77.72mg (7.77%), Fiber: 1.87g (7.49%), Vitamin B6: 0.15mg (7.36%), Zinc:
1.1mg (7.3%), Vitamin B2: 0.12mg (6.95%), Vitamin B1: 0.1mg (6.34%), Vitamin B3: 0.71mg (3.57%), Selenium: 1.94µg
(2.77%), Vitamin B5: 0.15mg (1.5%)