

Bento Box Soup



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



133 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups baby spinach loosely packed
- ☐ 1 carrots grated peeled
- ☐ 4 cups chicken broth organic homemade store-bought
- ☐ 3 tea bags green
- ☐ 6 inch kombu
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 2 scallions white green sliced
- ☐ 0.5 teaspoon pepper sesame oil hot toasted

- ☐ 0.5 cup mushroom caps stemmed sliced
- ☐ 4 ounces soba noodles
- ☐ 2 tablespoons tamari sauce
- ☐ 4 ounces spicy tofu firm cut into 1/2-inch cubes
- ☐ 0.3 cup miso white

Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Fill a soup pot halfway with water and bring to a boil over high heat.
- ☐ Add a pinch of salt and the soba noodles and decrease the heat to medium. Cook, stirring gently on occasion, until just tender, about 5 minutes.
- ☐ Drain and rinse well under cold water to remove the starch. Immediately transfer to a bowl, drizzle with 1/4 teaspoon of the sesame oil and toss gently to coat.
- ☐ Put the broth in the same pot and bring to a boil over high heat. Decrease the heat to low, add the kombu and tea bags, and simmer for 4 minutes.
- ☐ Remove the kombu and tea bags with a slotted spoon.
- ☐ Add the carrot, mushrooms, tofu, tamari, cover, and simmer for 5 minutes.
- ☐ Put 1/4 cup of the hot broth in a small bowl, add the miso, and stir with a fork until the miso is dissolved. Stir the mixture back into the broth, then stir in the scallions, lemon juice, and remaining sesame oil.
- ☐ Distribute the soba noodles and spinach among six bowls and ladle in the soup.
- ☐ If you're sensitive to gluten, be sure to purchase 100 percent buckwheat soba noodles. Also, be aware that prolonged cooking or high heat will kill the beneficial nutrients in miso, so add it at the end of recipes and heat it gently. Variations: You can substitute udon noodles for the soba. Another option is to omit the soba and instead put add 1/4 cup of cooked brown rice in each bowl, and then ladle the soup over the rice. Storage: Store the soba and soup separately

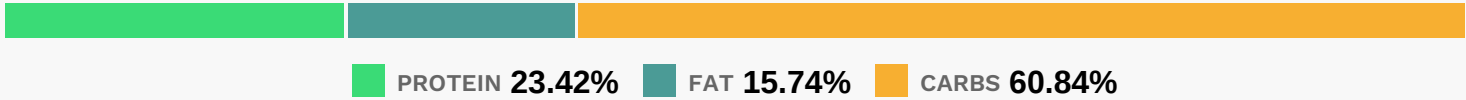
so the soba doesn't fall apart. Store the soup in an airtight container in the refrigerator for up to 4 days, and the soba in an airtight container in the refrigerator for no more than 1 day.

☐ PER SERVING: Calories: 140; Total Fat: 1.5 g (0 g saturated, 0.5 g monounsaturated); Carbohydrates: 27 g; Protein: 7 g; Fiber: 5.5 g; Sodium: 834 mg

☐ The Longevity Kitchen

☐ Katz.com for more information. Mat Edelson is an award-winning science, health, and sports writer. He is the former anchor/director of the Johns Hopkins Health Newsfeed, a nationally syndicated daily radio program. This is the third book he has co-authored with Rebecca Katz. Edelson resides in Baltimore, Maryland.

Nutrition Facts



Properties

Glycemic Index:47.72, Glycemic Load:9.56, Inflammation Score:-9, Nutrition Score:11.596956592539%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 133.23kcal (6.66%), Fat: 2.5g (3.84%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 21.71g (7.24%), Net Carbohydrates: 19.82g (7.21%), Sugar: 2.68g (2.97%), Cholesterol: 3.13mg (1.04%), Sodium: 1515.45mg (65.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.71%), Vitamin A: 2457.8IU (49.16%), Vitamin K: 50.93µg (48.5%), Manganese: 0.58mg (29.07%), Vitamin B2: 0.22mg (13.01%), Phosphorus: 111.36mg (11.14%), Vitamin B3: 2.21mg (11.05%), Magnesium: 42.36mg (10.59%), Vitamin B1: 0.16mg (10.52%), Folate: 41.16µg (10.29%), Iron: 1.72mg (9.55%), Copper: 0.17mg (8.56%), Vitamin B6: 0.17mg (8.38%), Fiber: 1.88g (7.53%), Potassium: 260.12mg (7.43%), Zinc: 1.06mg (7.05%), Calcium: 62.69mg (6.27%), Vitamin B5: 0.59mg (5.93%), Vitamin C: 4.5mg (5.46%), Selenium: 2.68µg (3.83%), Vitamin E: 0.34mg (2.24%)