



Clam Soup for Tomoko



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



149 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups chicken broth
- ☐ 24 clams suitable) for steaming 2 3/4 lb. total
- ☐ 0.3 pound mushroom caps fresh
- ☐ 0.3 pound mizuna rinsed
- ☐ 8 oz onion chopped
- ☐ 0.5 cup short medium-grain white

Equipment

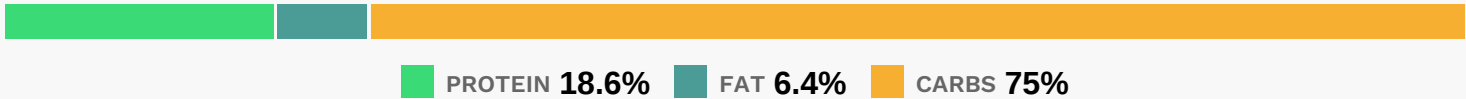
- ☐ bowl

- ☐ frying pan
- ☐ ladle

Directions

- ☐ Rinse and drain shiitakes. Trim off and discard stems. Thinly slice mushroom caps.
- ☐ In a 4- to 5-quart pan, combine mushrooms, broth, rice, onion, and 2 cups water. Cover and bring to a boil over high heat. Reduce heat and simmer 10 minutes.
- ☐ Meanwhile, scrub clams under cool running water. Discard any that do not close when touched.
- ☐ Add clams to pan, turn heat to high, cover, and bring to a boil again. Reduce heat and simmer until clams open, about 10 minutes more.
- ☐ Stir in mizuna, then ladle soup into wide bowls.

Nutrition Facts



Properties

Glycemic Index:44.8, Glycemic Load:12.94, Inflammation Score:-7, Nutrition Score:13.931304320045%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 7.43mg, Isorhamnetin: 7.43mg, Isorhamnetin: 7.43mg, Isorhamnetin: 7.43mg Kaempferol: 11.23mg, Kaempferol: 11.23mg, Kaempferol: 11.23mg, Kaempferol: 11.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14mg, Quercetin: 14mg, Quercetin: 14mg, Quercetin: 14mg

Nutrients (% of daily need)

Calories: 149.32kcal (7.47%), Fat: 1.08g (1.66%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 28.52g (9.51%), Net Carbohydrates: 25.64g (9.32%), Sugar: 4.49g (4.99%), Cholesterol: 8.48mg (2.83%), Sodium: 890.55mg (38.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.15%), Vitamin K: 73.42µg (69.92%), Vitamin C: 24.04mg (29.14%), Manganese: 0.51mg (25.44%), Vitamin B12: 1.47µg (24.51%), Vitamin A: 900.92IU (18.02%), Vitamin B2: 0.26mg (15.47%), Selenium: 10.44µg (14.92%), Phosphorus: 125.58mg (12.56%), Vitamin B6: 0.24mg (12.07%), Vitamin B3: 2.32mg (11.6%), Fiber: 2.88g (11.52%), Copper: 0.2mg (10.1%), Potassium: 352.52mg (10.07%), Vitamin B5: 0.83mg (8.29%), Vitamin B1: 0.12mg (8.03%), Magnesium: 30.94mg (7.73%), Iron: 1.25mg (6.97%), Calcium: 67mg (6.7%), Zinc: 0.94mg (6.27%), Vitamin E: 0.79mg (5.24%), Folate: 20.34µg (5.09%)