

Double Mushroom Miso Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



83 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 large stalks broccoli peeled sliced cut into florets and stems and
- 0.5 teaspoon sesame oil dark
- 0.4 ounce shiitake mushrooms dried sliced
- 0.5 teaspoon ginger fresh minced
- 0.3 teaspoon sesame oil
- 6 servings sesame seed for serving
- 1 teaspoon soya sauce
- 6 cups vegetable stock (I used No-chicken Broth)

- 1 tablespoon wakame seaweed dried shredded good (optional, but)
- 2 tablespoons water
- 6 servings water as needed
- 2 tablespoons miso white
- 1 cup mushrooms white sliced

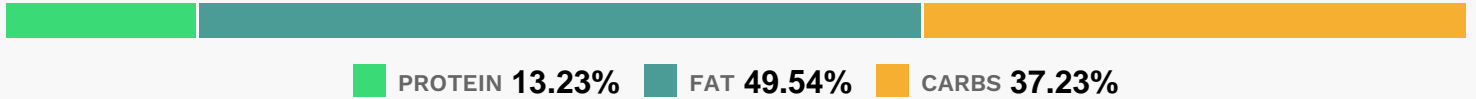
Equipment

- ladle
- pot

Directions

- Add the button mushrooms and silken tofu and simmer until the mushrooms are tender. Ladle out about 1/2 cup of the broth and stir it into 2 tablespoons of the miso.
- Mix until smooth and add to the pot. Taste, and if more miso is needed, repeat the process with another tablespoon of miso. Allow the soup to simmer for about 5 more minutes without boiling and serve.

Nutrition Facts



Properties

Glycemic Index:39.17, Glycemic Load:2.5, Inflammation Score:-5, Nutrition Score:6.5239130090112%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 82.87kcal (4.14%), Fat: 4.89g (7.53%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 6.65g (2.42%), Sugar: 2.76g (3.06%), Cholesterol: 0mg (0%), Sodium: 1228.6mg (53.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Copper: 0.53mg (26.48%), Manganese: 0.29mg (14.51%), Vitamin A: 511.28IU (10.23%), Magnesium: 38.27mg (9.57%), Calcium: 90.77mg (9.08%), Iron: 1.46mg (8.11%), Phosphorus: 80.2mg (8.02%), Selenium: 5.42µg (7.75%), Vitamin B2: 0.12mg (7.19%), Zinc: 1.01mg (6.72%), Fiber: 1.62g (6.5%), Vitamin B3: 1.28mg (6.4%), Vitamin B5: 0.64mg (6.36%), Vitamin B1: 0.09mg (5.87%), Vitamin B6:

0.11mg (5.5%), Folate: 16.29µg (4.07%), Potassium: 129.87mg (3.71%), Vitamin K: 2.11µg (2.01%)