



Easy miso soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



4 min.

SERVINGS



1

CALORIES



11 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 serving miso
- ☐ 1 dash soya sauce
- ☐ 1 tbsp silken tofu diced
- ☐ 1 sprig watercress good

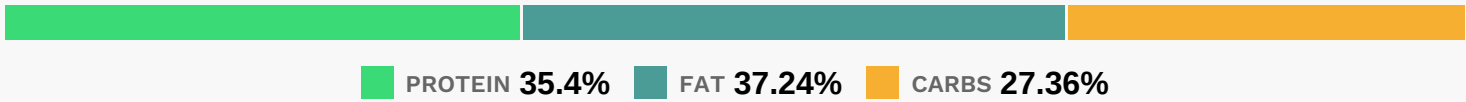
Equipment

- ☐ bowl

Directions

- ☐ Dissolve a sachet of Japanese miso soup mix in a bowl with boiling water.
- ☐ Add a dash soy sauce, diced silken tofu and a good sprig of watercress.

Nutrition Facts



Properties

Glycemic Index:108, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:0.87695652286968%

Flavonoids

Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 10.93kcal (0.55%), Fat: 0.46g (0.71%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.28g (0.31%), Cholesterol: 0mg (0%), Sodium: 94.72mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin K: 5.29µg (5.04%), Copper: 0.04mg (1.88%), Magnesium: 5.59mg (1.4%), Phosphorus: 13.25mg (1.33%), Vitamin A: 64.69IU (1.29%), Vitamin B1: 0.02mg (1.21%), Potassium: 37.42mg (1.07%), Vitamin C: 0.86mg (1.04%)