



Hearty One-Pot Meal Miso Soup

 Vegetarian  Vegan  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



157 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound baby bok choy cut into 1/2-inch slices
- 1.5 cups carrots cut into matchsticks
- 1.5 ounces shiitake mushrooms dried (see note)
- 1.5 cups edamame frozen shelled
- 4 cloves garlic minced
- 1 tablespoon ginger minced peeled
- 6 tablespoons miso white (see note)
- 0.5 teaspoon sesame oil (see note)

- 5 ounces soba noodles uncooked (see note)
- 0.5 tablespoon kombu
- 1 teaspoon wasabi paste prepared to taste (optional or)
- 12 cups water

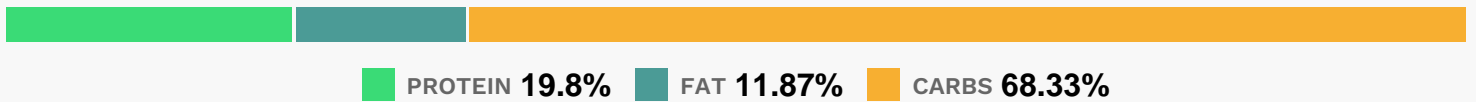
Equipment

- bowl
- whisk
- pot

Directions

- Heat the sesame oil in a large, non-stick soup pot.
- Add the ginger and garlic and cook for one minute.
- Add the water, wakame, carrots, and dried mushrooms and bring to a simmer. Cover and simmer for 15 minutes, or until mushrooms are tender.
- Add the edamame and cook for another 5 minutes.
- Add the noodles and the bok choy, cover, and cook until noodles are tender, about 7 minutes.
- Place the miso and wasabi in a bowl and add about 1/2 cup of the hot soup broth. Stir or whisk until there are no lumps and then add it back to the pot and heat through but do not boil. Taste and add more miso or wasabi as needed.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:9.42, Inflammation Score:-10, Nutrition Score:14.160434730027%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 157.43kcal (7.87%), Fat: 2.2g (3.38%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 24.71g (8.99%), Sugar: 3.39g (3.77%), Cholesterol: 0mg (0%), Sodium: 688.96mg (29.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.5%), Vitamin A: 6544.36IU (130.89%), Vitamin C: 27.9mg (33.82%), Manganese: 0.47mg (23.26%), Copper: 0.44mg (22.21%), Fiber: 3.76g (15.06%), Vitamin B5: 1.45mg (14.54%), Calcium: 122.04mg (12.2%), Iron: 2.16mg (12.02%), Potassium: 368.49mg (10.53%), Magnesium: 37.96mg (9.49%), Phosphorus: 92.53mg (9.25%), Vitamin B1: 0.13mg (8.9%), Vitamin B6: 0.17mg (8.7%), Vitamin B3: 1.69mg (8.46%), Vitamin B2: 0.14mg (8.08%), Zinc: 1.16mg (7.76%), Vitamin K: 7.17µg (6.83%), Folate: 27.09µg (6.77%), Selenium: 3.59µg (5.13%), Vitamin D: 0.21µg (1.38%), Vitamin E: 0.17mg (1.13%)