

# Japanese Soup with Tofu and Mushrooms

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



2

CALORIES



105 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 cups dashi granules prepared
- 1 spring onion chopped
- 1 tablespoon miso
- 0.3 cup mushroom caps sliced
- 1 tablespoon soya sauce
- 0.1 cup spicy tofu cubed soft

## Equipment

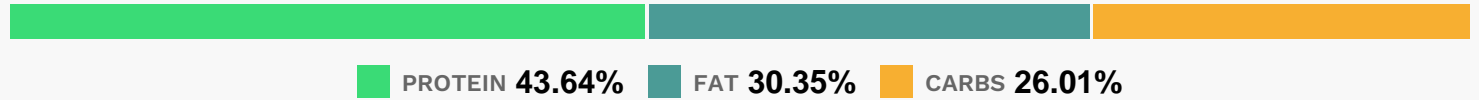
- bowl

sauce pan

## Directions

In a medium saucepan, bring stock to a boil; reduce heat to simmer, add mushrooms, and cook for 3 minutes. In a small bowl, mix miso paste and soy sauce together; stir into stock along with tofu. Simmer 5 minutes, and serve topped with with green onion.

## Nutrition Facts



## Properties

Glycemic Index:77.5, Glycemic Load:1.62, Inflammation Score:-2, Nutrition Score:8.4652172638022%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 105.33kcal (5.27%), Fat: 3.55g (5.46%), Saturated Fat: 0.65g (4.09%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 5.32g (1.94%), Sugar: 1.87g (2.08%), Cholesterol: 0mg (0%), Sodium: 1987.79mg (86.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.48g (22.95%), Vitamin B3: 6.57mg (32.87%), Phosphorus: 168.88mg (16.89%), Vitamin K: 15.64µg (14.9%), Calcium: 140.71mg (14.07%), Copper: 0.28mg (13.98%), Potassium: 454.13mg (12.98%), Vitamin B2: 0.21mg (12.32%), Manganese: 0.19mg (9.63%), Iron: 1.59mg (8.81%), Vitamin B6: 0.16mg (7.9%), Selenium: 4.88µg (6.96%), Folate: 25.39µg (6.35%), Zinc: 0.94mg (6.24%), Vitamin B12: 0.37µg (6.21%), Fiber: 1.52g (6.07%), Vitamin B5: 0.49mg (4.91%), Magnesium: 18.19mg (4.55%), Vitamin E: 0.58mg (3.89%), Vitamin A: 81.86IU (1.64%), Vitamin B1: 0.02mg (1.41%), Vitamin C: 1.13mg (1.37%)