



Kale, Butternut Squash and Mushroom Miso Soup



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



1

CALORIES



74 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butternut squash cut into bite sized pieces
- ☐ 1 cup chicken broth
- ☐ 1 green onion sliced
- ☐ 0.3 cup kale sliced
- ☐ 0.3 cup mushrooms sliced
- ☐ 1 tablespoon miso white

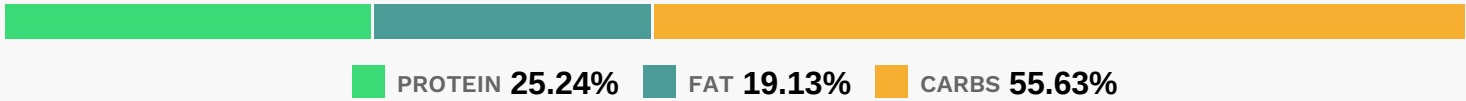
Equipment

☐ frying pan

Directions

- ☐ Bring the dashi, kale and mushrooms to a boil, reduce the heat and simmer until the squash is tender, about 10 minutes.
- ☐ Remove from heat and mix the miso into 1/4 cup of the dashi from the pan and mix the mixture back into the pan.
- ☐ Serve hot garnished with green onions.

Nutrition Facts



Properties

Glycemic Index:157, Glycemic Load:2.43, Inflammation Score:-10, Nutrition Score:13.311739120794%

Flavonoids

Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 74.47kcal (3.72%), Fat: 1.73g (2.67%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 11.34g (3.78%), Net Carbohydrates: 8.95g (3.26%), Sugar: 3.63g (4.03%), Cholesterol: 4.7mg (1.57%), Sodium: 1513.25mg (65.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.29%), Vitamin A: 4384.1IU (87.68%), Vitamin K: 50.68µg (48.27%), Manganese: 0.39mg (19.5%), Vitamin B2: 0.31mg (18.21%), Vitamin C: 15.01mg (18.2%), Copper: 0.22mg (11.05%), Vitamin B3: 2.08mg (10.4%), Fiber: 2.39g (9.54%), Potassium: 328.91mg (9.4%), Vitamin B1: 0.13mg (8.87%), Phosphorus: 75.95mg (7.59%), Magnesium: 28.7mg (7.18%), Folate: 27.69µg (6.92%), Iron: 1.21mg (6.75%), Selenium: 4.66µg (6.65%), Vitamin B6: 0.13mg (6.39%), Vitamin B5: 0.59mg (5.91%), Calcium: 58.58mg (5.86%), Zinc: 0.84mg (5.63%), Vitamin E: 0.7mg (4.68%), Vitamin B12: 0.07µg (1.17%)