



Miso and Corn Soup

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 quart chicken stock see
- 1 Dash chili flakes
- 5 ounces corn kernels frozen
- 1 teaspoon sesame oil dark
- 1 tablespoons fish sauce
- 2 tablespoons flour all-purpose
- 2 inch ginger peeled sliced
- 0.3 cup miso paste

- 6 servings salt
- 4 shallots minced
- 2 handfuls snow peas frozen (or peas if snow peas are too expensive)
- 3 tablespoons soya sauce
- 1 tablespoon sugar to taste
- 1 package spicy tofu firm
- 2 tablespoons vegetable oil
- 4 cups water

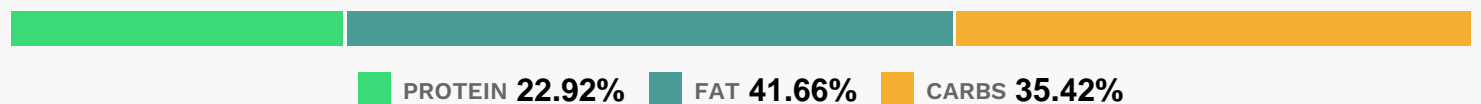
Equipment

- sauce pan
- whisk

Directions

- Sweat shallots and ginger in the oil in a large saucepan. Stir in flour and cook until it looks like wet sand.
- Whisk in stock and water.
- Add miso paste, soy sauce, fish sauce, sugar, sesame oil and chili flakes. Bring to a simmer and cook 20 minutes.
- Add corn and tofu and cook 10 minutes longer.
- Add snow peas or frozen peas and cook until vibrant green. Season, to taste, with salt.

Nutrition Facts



Properties

Glycemic Index:46.85, Glycemic Load:5.12, Inflammation Score:-3, Nutrition Score:7.4721738385118%

Nutrients (% of daily need)

Calories: 233.87kcal (11.69%), Fat: 11.04g (16.99%), Saturated Fat: 1.81g (11.31%), Carbohydrates: 21.13g (7.04%), Net Carbohydrates: 18.78g (6.83%), Sugar: 8.08g (8.98%), Cholesterol: 4.73mg (1.58%), Sodium: 1646.58mg (71.59%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.67g (27.34%), Vitamin B3: 3.46mg (17.3%), Vitamin B2: 0.21mg (12.62%), Manganese: 0.25mg (12.5%), Vitamin K: 12.34µg (11.76%), Iron: 2.05mg (11.4%), Vitamin B6: 0.22mg (11.04%), Calcium: 109.34mg (10.93%), Copper: 0.2mg (10.21%), Phosphorus: 97.3mg (9.73%), Fiber: 2.35g (9.41%), Potassium: 317.68mg (9.08%), Selenium: 5.84µg (8.34%), Folate: 32.6µg (8.15%), Magnesium: 30.47mg (7.62%), Vitamin B1: 0.11mg (7.44%), Zinc: 0.74mg (4.96%), Vitamin E: 0.47mg (3.15%), Vitamin C: 2.36mg (2.86%), Vitamin B5: 0.23mg (2.27%)