

Miso-Clam Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



46 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 36 littleneck clams scrubbed
- ☐ 3 tablespoons miso dark
- ☐ 3 medium scallions thinly sliced
- ☐ 6 ounces silken tofu cut into 1/2 -inch cubes

Equipment

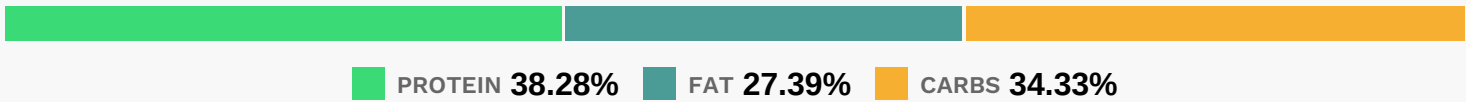
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

- ☐ whisk
- ☐ stove
- ☐ tongs

Directions

- ☐ In a large saucepan, bring 4 cups of water to a boil over high heat.
- ☐ Add the clams, cover and boil until they open, about 4 minutes. Using tongs, transfer the clams to a large plate.
- ☐ Remove the clams from the shells and reserve; discard the shells.
- ☐ Slowly pour the clam broth into a large bowl, stopping when you reach the grit on the bottom. Rinse the pan and put it back on the stove.
- ☐ Pour the clam broth back into the saucepan and whisk in the miso until smooth. Bring the soup to a simmer over moderate heat.
- ☐ Add the tofu and cook for 4 minutes.
- ☐ Return the clams to the soup to heat through.
- ☐ Sprinkle the scallions on top and serve immediately.
- ☐ Notes: ONE SERVING: Calories 105 kcal, Protein 15 gm, Soy Protein 3 gm, Carbohydrate 6 gm, Cholesterol 31 mg, Total Fat 9 gm, Saturated Fat .2 gm

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.27, Inflammation Score:-2, Nutrition Score:4.2500000362811%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 45.66kcal (2.28%), Fat: 1.41g (2.17%), Saturated Fat: 0.21g (1.34%), Carbohydrates: 3.98g (1.33%), Net Carbohydrates: 3.3g (1.2%), Sugar: 1.07g (1.19%), Cholesterol: 3.78mg (1.26%), Sodium: 326.72mg (14.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Vitamin B12: 1.43µg (23.84%), Vitamin K: 18.04µg (17.18%),

Selenium: 4.5µg (6.42%), Phosphorus: 58.81mg (5.88%), Copper: 0.11mg (5.36%), Manganese: 0.1mg (4.79%), Iron: 0.76mg (4.22%), Magnesium: 16.2mg (4.05%), Zinc: 0.46mg (3.06%), Vitamin B1: 0.04mg (2.85%), Potassium: 95.38mg (2.73%), Fiber: 0.68g (2.73%), Vitamin B2: 0.04mg (2.48%), Vitamin A: 119.97IU (2.4%), Calcium: 23.95mg (2.39%), Folate: 7.05µg (1.76%), Vitamin C: 1.41mg (1.71%), Vitamin B6: 0.03mg (1.29%), Vitamin B3: 0.25mg (1.23%)