



Miso-Ginger Consommé



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 1 piece ginger fresh
- ☐ 1.5 teaspoons ginger juice fresh (see above)
- ☐ 2 green onions thinly sliced
- ☐ 4 cups mushroom caps stemmed thinly sliced
- ☐ 0.8 teaspoon tamari soy sauce
- ☐ 6 cups water
- ☐ 7 tablespoons miso white (fermented soybean paste)

Equipment

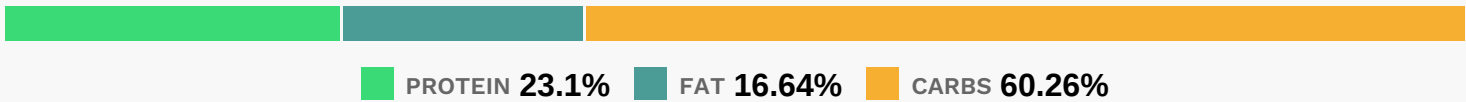
☐

bowl

Directions

- ☐ Divide soup among 6 soup bowls.
- ☐ Additional sliced green onions

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:4.59, Inflammation Score:-3, Nutrition Score:12.053913077582%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 93.56kcal (4.68%), Fat: 1.95g (3%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 10.92g (3.97%), Sugar: 4.95g (5.5%), Cholesterol: 0mg (0%), Sodium: 807.92mg (35.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.19%), Vitamin B3: 6.08mg (30.42%), Manganese: 0.53mg (26.54%), Vitamin B6: 0.49mg (24.38%), Vitamin B5: 2.34mg (23.36%), Vitamin B2: 0.38mg (22.24%), Phosphorus: 203.3mg (20.33%), Fiber: 4.98g (19.92%), Copper: 0.34mg (17.16%), Potassium: 519.22mg (14.83%), Selenium: 10.02µg (14.31%), Zinc: 2.11mg (14.05%), Vitamin K: 14.09µg (13.42%), Magnesium: 43.84mg (10.96%), Iron: 1.2mg (6.66%), Folate: 26.23µg (6.56%), Vitamin D: 0.6µg (4.02%), Vitamin B1: 0.05mg (3.01%), Calcium: 24.71mg (2.47%), Vitamin A: 57.13IU (1.14%), Vitamin C: 0.84mg (1.01%)