



Miso Noodle Soup

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



78 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups broccoli florets chopped
- 1 cup carrots diagonally sliced ()
- 1 teaspoon chile paste
- 4 ounces extra wide egg noodles chinese cooked uncooked
- 1 teaspoon sesame oil dark
- 1 teaspoon ginger fresh minced peeled
- 2 garlic cloves minced
- 1 cup onion vertically sliced

43.5 ounce vegetable broth canned

0.3 cup miso white

Equipment

sauce pan

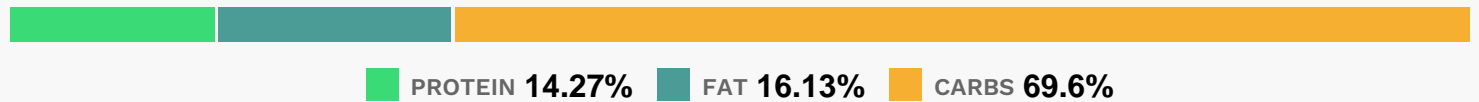
Directions

Heat oil in a large saucepan over medium heat.

Add ginger and garlic, saut 1 minute.

Add broth, broccoli, carrot, onion, and chile paste; bring to a boil. Reduce heat; simmer, uncovered, 2 minutes. Stir in noodles and miso; cook 1 minute or until miso is blended.

Nutrition Facts



Properties

Glycemic Index:32.1, Glycemic Load:3.23, Inflammation Score:-9, Nutrition Score:8.1560869676911%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg

Nutrients (% of daily need)

Calories: 77.5kcal (3.88%), Fat: 1.45g (2.23%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 14.08g (4.69%), Net Carbohydrates: 11.92g (4.34%), Sugar: 4.05g (4.5%), Cholesterol: 0mg (0%), Sodium: 980.88mg (42.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Vitamin A: 3152.22IU (63.04%), Vitamin C: 23.06mg (27.96%), Vitamin K: 28µg (26.67%), Manganese: 0.18mg (9.17%), Fiber: 2.15g (8.6%), Folate: 22.92µg (5.73%), Vitamin B6: 0.11mg (5.68%), Potassium: 176.69mg (5.05%), Iron: 0.77mg (4.29%), Phosphorus: 41.64mg (4.16%), Vitamin B2: 0.06mg (3.69%), Magnesium: 13.19mg (3.3%), Copper: 0.07mg (3.29%), Vitamin B1: 0.05mg (3.1%), Calcium: 26.99mg (2.7%), Zinc: 0.4mg (2.64%), Vitamin B5: 0.23mg (2.33%), Vitamin B3: 0.42mg (2.1%), Selenium: 1.4µg (2%), Vitamin E: 0.3mg (1.98%)