



## Miso Soup

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



43 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 package katsuo bushi dried (5-g) ( bonito flakes; 1/2 cup)
- 2 tablespoons miso white ( fermented-soybean paste)
- 3 cups water cold
- 2 tablespoons spring onion thinly sliced
- 2 inch kombu dried ( kelp)
- 0.3 pound spicy tofu soft drained cut into 1/2-inch cubes
- 3 servings frangelico

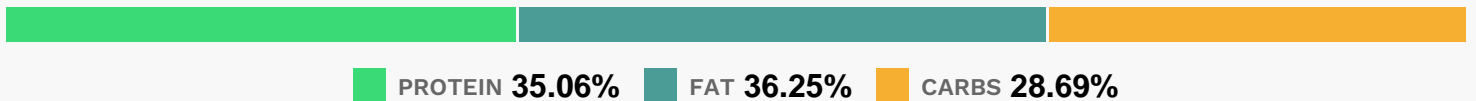
## Equipment

- bowl
- frying pan
- sauce pan
- sieve
- tongs
- cheesecloth

## Directions

- Wipe any sand or salt from kombu with a dampened cloth. Bring kombu and water just to a boil in a 2-quart saucepan over high heat.
- Remove kombu with tongs and reserve for another use.
- Sprinkle katsuo bushi over liquid and remove pan from heat.
- Let stand 3 minutes, then pour through a cheesecloth-lined sieve into a bowl.
- Stir together misto and 1/4 cup dashi in a bowl until smooth.
- Heat remaining dashi in saucepan over moderately high heat until hot, then gently stir in tofu. Simmer 1minute and remove from heat. Immediately stir in miso mixture and and scallion greens and serve.

## Nutrition Facts



## Properties

Glycemic Index:27, Glycemic Load:1.15, Inflammation Score:-1, Nutrition Score:1.8413043274828%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 42.98kcal (2.15%), Fat: 1.77g (2.72%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 3.15g (1.05%), Net Carbohydrates: 2.37g (0.86%), Sugar: 0.69g (0.77%), Cholesterol: 0.17mg (0.06%), Sodium: 331.16mg (14.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.71%), Vitamin K: 9.54µg (9.08%), Calcium: 49.9mg (4.99%), Manganese: 0.08mg (4.02%), Iron: 0.63mg (3.51%), Copper: 0.07mg (3.41%), Fiber: 0.78g (3.12%),

Magnesium: 7.99mg (2%), Zinc: 0.26mg (1.75%), Phosphorus: 15.16mg (1.52%), Folate: 5.82µg (1.46%), Vitamin B2: 0.02mg (1.42%)