



Miso Soup

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



95 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup miso white (fermented-soybean paste)
- 0.3 cup spring onion thinly sliced
- 0.5 cup wakame seaweed dried (a type of seaweed)
- 0.5 pound spicy tofu soft drained cut into 1/2-inch cubes
- 6 cups dashi granules

Equipment

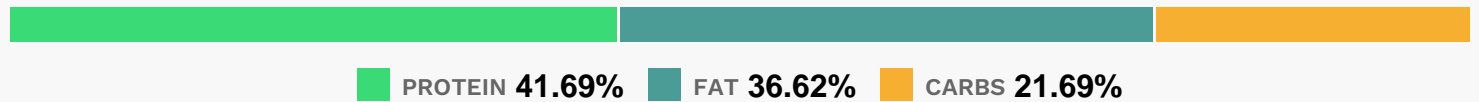
- bowl
- sauce pan

sieve

Directions

- Combine wakame with warm water to cover by 1 inch and let stand 15 minutes, or until reconstituted.
- Drain in a sieve.
- Stir together miso and 1/2 cup dashi in a bowl until smooth.
- Heat remaining dashi in a saucepan over moderately high heat until hot, then gently stir in tofu and reconstituted wakame. Simmer 1 minute and remove from heat. Immediately stir in miso mixture and scallion greens and serve.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:1.55, Inflammation Score:-1, Nutrition Score:5.0921738795612%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 95kcal (4.75%), Fat: 3.83g (5.89%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 4.07g (1.48%), Sugar: 1.14g (1.27%), Cholesterol: 0mg (0%), Sodium: 1209.13mg (52.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.6%), Vitamin B3: 3.48mg (17.38%), Calcium: 130.61mg (13.06%), Vitamin K: 12.49µg (11.9%), Phosphorus: 93.29mg (9.33%), Copper: 0.18mg (8.86%), Iron: 1.32mg (7.34%), Potassium: 245.61mg (7.02%), Vitamin B2: 0.1mg (6.13%), Manganese: 0.11mg (5.55%), Vitamin B12: 0.25µg (4.22%), Fiber: 1.03g (4.13%), Folate: 15.42µg (3.86%), Zinc: 0.56mg (3.7%), Selenium: 2.54µg (3.63%), Vitamin E: 0.39mg (2.63%), Vitamin B6: 0.05mg (2.49%), Magnesium: 9.22mg (2.3%), Vitamin A: 62.77IU (1.26%)