

Miso Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



37 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup green onions sliced
- ☐ 1 tablespoon bonito-flavored soup stock
- ☐ 3 ounces spicy tofu firm cubed
- ☐ 6 cups water
- ☐ 0.3 cup miso white (soybean paste)

Equipment

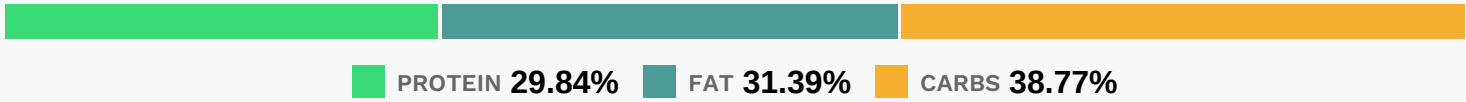
- ☐ bowl
- ☐ sauce pan

☐ ladle

Directions

- ☐ Combine water and soup stock in a large saucepan; bring to a boil.
- ☐ Add miso, and cook until miso is blended, stirring constantly. Ladle soup into bowls, and sprinkle evenly with tofu and green onions.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.53, Inflammation Score:-1, Nutrition Score:2.2860869395992%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 36.5kcal (1.82%), Fat: 1.32g (2.04%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 3.68g (1.23%), Net Carbohydrates: 2.8g (1.02%), Sugar: 0.9g (1%), Cholesterol: 0mg (0%), Sodium: 450.68mg (19.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Vitamin K: 14.86µg (14.15%), Manganese: 0.11mg (5.37%), Copper: 0.09mg (4.53%), Calcium: 35.35mg (3.53%), Fiber: 0.88g (3.51%), Iron: 0.54mg (2.99%), Zinc: 0.34mg (2.26%), Magnesium: 8.98mg (2.24%), Phosphorus: 20.27mg (2.03%), Vitamin B2: 0.03mg (1.83%), Folate: 5.73µg (1.43%), Vitamin A: 70.68IU (1.41%), Vitamin B6: 0.03mg (1.31%), Vitamin C: 1.04mg (1.27%), Selenium: 0.84µg (1.19%), Potassium: 39.4mg (1.13%)