



WHATSheATE

Miso Soup



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



59 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons dashi granules
- ☐ 2 green onions sliced
- ☐ 3 tablespoons miso paste
- ☐ 8 ounce silken tofu diced
- ☐ 4 cups water

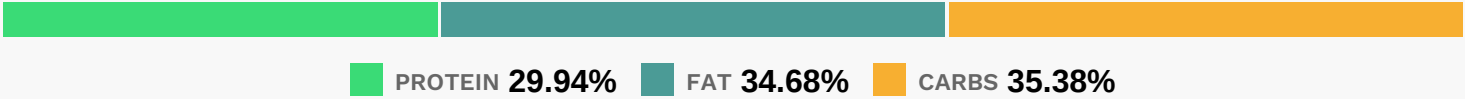
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

☐ In a medium saucepan over medium-high heat, combine dashi granules and water; bring to a boil. Reduce heat to medium, and whisk in the miso paste. Stir in tofu. Separate the layers of the green onions, and add them to the soup. Simmer gently for 2 to 3 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:1.65, Inflammation Score:-2, Nutrition Score:3.6417391371468%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 58.74kcal (2.94%), Fat: 2.32g (3.57%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 4.43g (1.61%), Sugar: 1.68g (1.86%), Cholesterol: 0mg (0%), Sodium: 499.04mg (21.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.03%), Vitamin K: 16.16µg (15.39%), Copper: 0.22mg (10.75%), Magnesium: 26.15mg (6.54%), Manganese: 0.12mg (5.96%), Phosphorus: 58.39mg (5.84%), Iron: 0.88mg (4.87%), Vitamin B1: 0.07mg (4.83%), Zinc: 0.67mg (4.47%), Potassium: 147.51mg (4.21%), Calcium: 37mg (3.7%), Fiber: 0.9g (3.6%), Vitamin B2: 0.06mg (3.41%), Vitamin B6: 0.04mg (1.78%), Vitamin B3: 0.35mg (1.75%), Folate: 6.36µg (1.59%), Vitamin A: 71.01IU (1.42%), Vitamin C: 1.13mg (1.37%), Selenium: 0.95µg (1.35%)