



Miso Soup I

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



28 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 green onion thinly sliced
- 1 tablespoon miso paste light
- 2 teaspoons barley miso paste
- 0.5 cup pkt spinach fresh washed and chopped
- 2 ounces spicy tofu firm cut into 1/4 inch cubes
- 2.3 cups water

Equipment

- bowl

sauce pan

ladle

Directions

- In a medium saucepan, bring the water to a boil. Ladle out about 1/2 cup of the boiling water, and reserve.
- Add tofu. Reduce the heat to medium, cover, and cook for 1 to 2 minutes.
- Add spinach or bok choy; simmer about 1 to 2 minutes, or until the greens are tender.
- Remove soup from heat.
- Blend white miso and barley miso into reserved hot water. Stir into soup. Ladle into bowls, and garnish with scallion.
- Serve immediately.

Nutrition Facts



PROTEIN 32.19% **FAT 33.26%** **CARBS 34.55%**

Properties

Glycemic Index:50.25, Glycemic Load:0.98, Inflammation Score:-3, Nutrition Score:2.8847826463373%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 28.08kcal (1.4%), Fat: 1.08g (1.66%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 1.86g (0.68%), Sugar: 0.58g (0.64%), Cholesterol: 0mg (0%), Sodium: 281.09mg (12.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Vitamin K: 26.45µg (25.19%), Vitamin A: 387.86IU (7.76%), Manganese: 0.1mg (5.04%), Calcium: 31.72mg (3.17%), Copper: 0.06mg (2.96%), Iron: 0.5mg (2.76%), Fiber: 0.67g (2.66%), Folate: 10.57µg (2.64%), Magnesium: 8.37mg (2.09%), Vitamin C: 1.62mg (1.96%), Vitamin B2: 0.03mg (1.55%), Zinc: 0.23mg (1.54%), Phosphorus: 14.48mg (1.45%), Potassium: 44.43mg (1.27%), Vitamin B6: 0.02mg (1.18%)