



Miso Soup with Napa Cabbage and Udon

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 ounce shiitake mushrooms dried sliced
- 4 large eggs
- 1 tablespoon ginger fresh peeled finely chopped (from a 2-inch piece)
- 2 medium garlic clove finely chopped
- 4 servings kosher salt
- 6 cups chicken broth low-sodium
- 2 tablespoons soya sauce
- 12 ounce udon noodles

- 1 tablespoon vegetable oil
- 2 cups water boiling
- 0.5 cup miso white
- 0.5 medium onion yellow thinly sliced

Equipment

- bowl
- frying pan
- sauce pan
- pot
- slotted spoon
- colander

Directions

- Place the mushrooms in a medium heatproof bowl and add the boiling water.
- Let sit until the mushrooms have softened, about 12 minutes. Bring a large pot of heavily salted water to a boil over medium-high heat. Meanwhile, heat the oil in a large saucepan over medium heat until shimmering.
- Add the onion, ginger, and garlic and cook, stirring occasionally, until the onions have softened, about 5 minutes. Increase the heat to medium high.
- Add the broth or stock and soy sauce and stir to combine. Using a slotted spoon, remove the mushrooms from their liquid and add them to the saucepan. Measure 1 cup of the mushroom liquid, being careful not to include any sediment from the bottom of the bowl, and add it to the saucepan. Bring to a boil. (Discard the remaining mushroom liquid.) Reduce the heat to low and simmer until the mushrooms are tender, about 15 minutes. Meanwhile, add the udon to the pot of boiling water and cook according to the package directions.
- Drain in a colander and, while stirring, rinse the noodles with cold water until they're cooled and no longer sticky. Divide all of the udon among 4 deep soup or noodle bowls; set aside. When the mushrooms are ready, add the cabbage to the pan, stir to combine, and simmer until the cabbage is tender, about 5 minutes.
- Add the miso and stir to combine. Taste and season with salt as needed. Crack the eggs, if using, into the simmering mixture and cook until the whites are set and the yolks are still

runny, about 2 to 3 minutes. Divide the soup and eggs among the bowls of noodles, being careful not to break the egg yolks.

Serve immediately, passing togarashi on the side for sprinkling if so desired.

Nutrition Facts

PROTEIN 22.76% **FAT 23.48%** **CARBS 53.76%**

Properties

Glycemic Index:51.33, Glycemic Load:34.86, Inflammation Score:-3, Nutrition Score:15.526086848715%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 544.7kcal (27.24%), Fat: 14.72g (22.65%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 75.84g (25.28%), Net Carbohydrates: 68.53g (24.92%), Sugar: 11.37g (12.64%), Cholesterol: 186mg (62%), Sodium: 3183.91mg (138.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.1g (64.2%), Vitamin B3: 6.09mg (30.47%), Copper: 0.59mg (29.45%), Fiber: 7.31g (29.25%), Phosphorus: 288.85mg (28.89%), Selenium: 19.76µg (28.22%), Vitamin B2: 0.48mg (28.2%), Manganese: 0.44mg (22.16%), Vitamin B5: 1.72mg (17.21%), Potassium: 552.46mg (15.78%), Vitamin K: 16.56µg (15.77%), Iron: 2.82mg (15.65%), Zinc: 2.25mg (14.99%), Vitamin B6: 0.28mg (13.95%), Vitamin B12: 0.83µg (13.78%), Folate: 40.28µg (10.07%), Magnesium: 38.01mg (9.5%), Vitamin D: 1.14µg (7.59%), Calcium: 73.77mg (7.38%), Vitamin A: 300.32IU (6.01%), Vitamin E: 0.82mg (5.43%), Vitamin B1: 0.08mg (5.29%), Vitamin C: 1.7mg (2.06%)