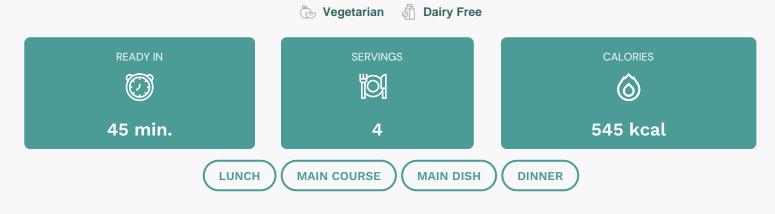


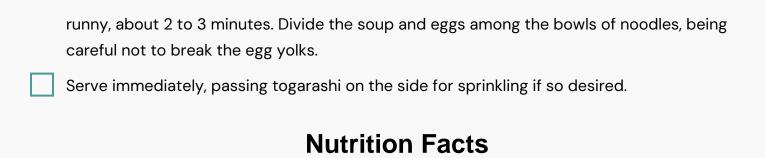
Miso Soup with Napa Cabbage and Udon



Ingredients

0.5 ounce	shiitake mushrooms dried sliced
4 large egg	TS .
1 tablespoo	on ginger fresh peeled finely chopped (from a 2-inch piece)
2 medium	garlic clove finely chopped
4 servings	kosher salt
6 cups chi	cken broth low-sodium
2 tablespo	ons soya sauce
12 ounce u	don noodles

1 tablespoon vegetable oil 2 cups water boiling 0.5 cup miso white	
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 salt water to a boil over medium-high heat. Meanwhile, heat the oil in a large saucepan over medium heat until shimmering.	ed
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 lead to 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.	n
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	



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, Isorhamnetin: 0.69mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 2.82mg, Quercetin: 2.82mg, 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: Og (100%), Alcohol %: O% (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%)