



Miso Soup with Shrimp and Broccoli

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups broccoli florets frozen
- ☐ 2 teaspoons ginger freshly grated
- ☐ 0.3 cup green onions thinly sliced
- ☐ 6 cups chicken broth low-sodium
- ☐ 2 tablespoons mellow miso white plus more to taste
- ☐ 0.3 pound somen noodles dried
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 0.5 pound shrimp frozen deveined uncooked peeled

☐ 0.3 cup water

Equipment

☐ bowl

☐ whisk

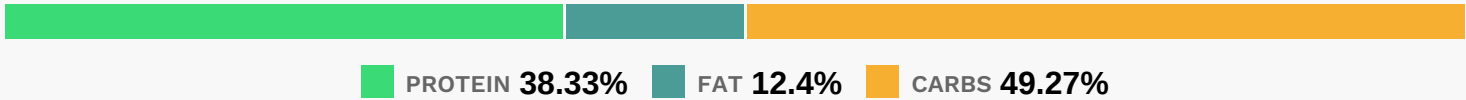
☐ pot

Directions

☐ In a large pot, bring broth to a boil.Submerge noodles in broth, arranging them across the bottom of the pot, cover and simmer until noodles are somewhat tender, 4 to 5 minutes.Scatter shrimp and broccoli over noodles, cover and simmer until shrimp are just cooked through, broccoli is bright green and noodles are tender, 4 to 5 minutes more.Meanwhile, whisk together water, miso and ginger in a medium bowl until smooth; set aside.Turn off heat and uncover pot.Stir in miso mixture and green onions then transfer soup to bowls.

☐ Garnish with pepper flakes and serve.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:10.43, Inflammation Score:-6, Nutrition Score:18.652608705604%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 4.57mg, Kaempferol: 4.57mg, Kaempferol: 4.57mg, Kaempferol: 4.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 250kcal (12.5%), Fat: 3.6g (5.54%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 32.2g (10.73%), Net Carbohydrates: 29.08g (10.57%), Sugar: 2.93g (3.26%), Cholesterol: 91.29mg (30.43%), Sodium: 515.44mg (22.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.05g (50.11%), Vitamin K: 77.91µg (74.2%), Vitamin C: 52.35mg (63.45%), Phosphorus: 335.97mg (33.6%), Vitamin B3: 5.84mg (29.19%), Selenium: 20.02µg (28.59%), Copper: 0.56mg (28.03%), Manganese: 0.49mg (24.44%), Potassium: 744.51mg (21.27%), Magnesium: 56.86mg (14.22%), Zinc: 2.01mg (13.38%), Vitamin B2: 0.22mg (12.81%), Fiber: 3.13g (12.5%), Iron: 2.18mg (12.14%), Folate: 48.03µg

(12.01%), Vitamin B6: 0.2mg (10.07%), Vitamin A: 481.87IU (9.64%), Calcium: 94.99mg (9.5%), Vitamin B12: 0.36µg (6.01%), Vitamin B1: 0.08mg (5.29%), Vitamin B5: 0.49mg (4.86%), Vitamin E: 0.57mg (3.81%)