



Miso Soup with Spring Greens



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



60 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup carrots shredded
- ☐ 1.3 cups daikon radish shredded peeled sliced
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 2 tablespoons green onion bottoms chopped
- ☐ 2 tablespoons green onion tops chopped
- ☐ 1 ounce kombu dried shredded
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon olive oil

- ☐ 2 cups watercress trimmed (1 bunch)
- ☐ 4 cups water
- ☐ 0.3 cup miso yellow (soybean paste)

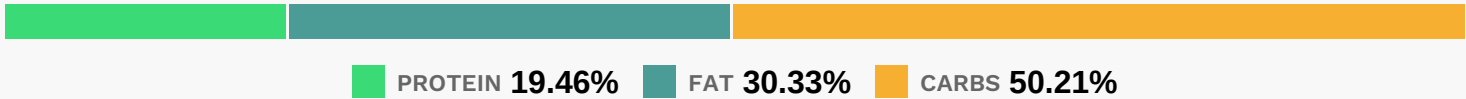
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ colander

Directions

- ☐ Combine kombu and water in a large saucepan; bring to a boil. Reduce heat and simmer 1 minute.
- ☐ Drain in a colander over a bowl, reserving liquid. Discard kombu.
- ☐ Combine 1/4 cup reserved liquid and miso, stirring with a whisk.
- ☐ Heat oil in pan over medium heat.
- ☐ Add daikon, carrot, and onion bottoms; cook 3 minutes.
- ☐ Add remaining reserved liquid; bring to a boil. Reduce heat; simmer 5 minutes.
- ☐ Add watercress and dill; cook 1 minute. Stir in the miso mixture, and cook 1 minute. Stir in lemon juice.
- ☐ Sprinkle with green onion tops.

Nutrition Facts



Properties

Glycemic Index:62.71, Glycemic Load:2.78, Inflammation Score:-8, Nutrition Score:9.5917392081541%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 4.15mg, Kaempferol: 4.15mg, Kaempferol: 4.15mg, Kaempferol: 4.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 59.81kcal (2.99%), Fat: 2.16g (3.32%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 5.98g (2.17%), Sugar: 2.6g (2.89%), Cholesterol: 0mg (0%), Sodium: 690.56mg (30.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Vitamin K: 66.4µg (63.24%), Vitamin A: 1965.88IU (39.32%), Vitamin C: 17.62mg (21.36%), Manganese: 0.24mg (11.94%), Copper: 0.18mg (9.14%), Folate: 33.39µg (8.35%), Fiber: 2.07g (8.28%), Magnesium: 30.82mg (7.71%), Calcium: 66.14mg (6.61%), Potassium: 224.62mg (6.42%), Phosphorus: 54mg (5.4%), Iron: 0.93mg (5.18%), Vitamin B2: 0.09mg (5.18%), Zinc: 0.67mg (4.45%), Vitamin B6: 0.09mg (4.42%), Vitamin B1: 0.05mg (3.46%), Vitamin E: 0.47mg (3.1%), Selenium: 1.7µg (2.44%), Vitamin B5: 0.23mg (2.34%), Vitamin B3: 0.41mg (2.04%)