



Miso Soup with Tofu

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



107 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup spring onion thinly sliced
- ☐ 0.3 cup katsuobushi dried (bonito flakes)
- ☐ 1 piece kombu (edible kelp)
- ☐ 3 tablespoons miso white red (soybean paste)
- ☐ 3.5 ounce mushroom caps
- ☐ 8 ounces tofu firm cubed soft
- ☐ 4 cups water

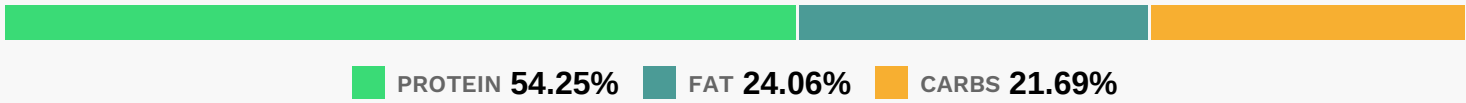
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ cheesecloth

Directions

- ☐ Place bonito flakes on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.
- ☐ Remove and discard stems from mushrooms; thinly slice mushroom caps.
- ☐ Combine 4 cups water and kombu in a medium saucepan; bring almost to a boil.
- ☐ Remove from heat; add cheesecloth bag to water.
- ☐ Let stand 5 minutes.
- ☐ Remove and discard kombu and cheesecloth bag.
- ☐ Combine miso and 3 tablespoons soup broth in a small bowl; stir with a whisk until miso dissolves.
- ☐ Add mushrooms and tofu to soup; cook over low heat 3 minutes or until tofu is warm.
- ☐ Remove from heat; stir in miso mixture and green onions.
- ☐ Let stand 1 minute.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.72, Inflammation Score:-2, Nutrition Score:3.9700000098218%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 106.79kcal (5.34%), Fat: 2.72g (4.19%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 3.93g (1.43%), Sugar: 1.4g (1.55%), Cholesterol: 7.93mg (2.64%), Sodium: 427.34mg (18.58%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.8g (27.61%), Vitamin K: 17.12µg (16.3%), Calcium: 74.23mg (7.42%), Manganese: 0.14mg (7.25%), Fiber: 1.59g (6.36%), Potassium: 203.15mg (5.8%), Iron: 0.99mg (5.51%), Copper: 0.11mg (5.37%), Vitamin B3: 0.9mg (4.5%), Vitamin B2: 0.07mg (4.29%), Vitamin B6: 0.08mg (4.13%), Phosphorus: 41.12mg (4.11%), Zinc: 0.52mg (3.44%), Vitamin B5: 0.34mg (3.4%), Magnesium: 12.7mg (3.17%), Selenium: 1.89µg (2.7%), Folate: 9.68µg (2.42%), Vitamin C: 1.27mg (1.54%), Vitamin A: 75.92IU (1.52%), Vitamin B1: 0.02mg (1.13%)