



Miso Soup with Tofu and Nori



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups edamame frozen
- ☐ 2 spring onion sliced
- ☐ 1 sheet nori seaweed halved sliced
- ☐ 0.7 cup miso paste red
- ☐ 1.5 teaspoons soya sauce
- ☐ 14 ounces tofu firm cut into 1/2-in. cubes

Equipment

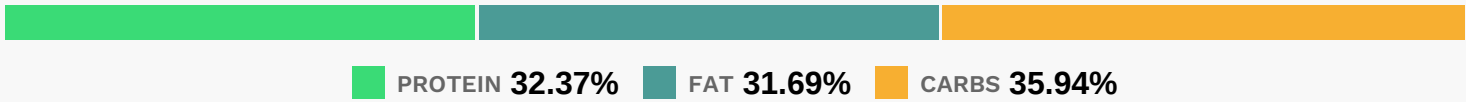
- ☐ bowl

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring 6 cups water to a boil in a medium saucepan. Reduce heat to a simmer and whisk in miso.
- ☐ Add edamame and cook 2 minutes.
- ☐ Remove from heat and add tofu and soy sauce.
- ☐ Let sit 3 minutes to warm through.
- ☐ Divide among bowls and top with a few sprinkles of nori strips and some green onions.
- ☐ *Find miso in a market's refrigerated foods section.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:5.92, Inflammation Score:-3, Nutrition Score:8.5260869744031%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 267.59kcal (13.38%), Fat: 9.61g (14.78%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 24.52g (8.17%), Net Carbohydrates: 18.08g (6.57%), Sugar: 5.32g (5.91%), Cholesterol: 0mg (0%), Sodium: 1840.5mg (80.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.08g (44.16%), Fiber: 6.44g (25.77%), Iron: 4.48mg (24.91%), Vitamin K: 25.87µg (24.64%), Calcium: 216.36mg (21.64%), Manganese: 0.42mg (21.04%), Potassium: 453.8mg (12.97%), Copper: 0.2mg (10.11%), Zinc: 1.21mg (8.09%), Phosphorus: 78.38mg (7.84%), Vitamin B2: 0.12mg (6.93%), Magnesium: 24.11mg (6.03%), Vitamin B6: 0.1mg (5.02%), Selenium: 3.27µg (4.67%), Folate: 13.87µg (3.47%), Vitamin B1: 0.05mg (3.34%), Vitamin B3: 0.54mg (2.72%), Vitamin A: 132.21IU (2.64%), Vitamin B5: 0.17mg (1.71%), Vitamin C: 1.37mg (1.66%)