



Miso Vegetable Noodle Bowl



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup carrots ()
- ☐ 2 teaspoons chili paste depending on your taste pref with garlic
- ☐ 1.5 cups edamame frozen shelled thawed
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 0.5 cup spring onion finely chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup napa cabbage chinese thinly sliced ()

- ☐ 1 cup bell pepper red thinly sliced
- ☐ 1 cup mushroom caps thinly sliced
- ☐ 1 cup snow peas
- ☐ 4 ounces udon noodles fresh thick uncooked (, round Japanese wheat noodles)
- ☐ 3 cups vegetable stock
- ☐ 3 cups water
- ☐ 3 tablespoons soy sauce yellow (soybean paste)

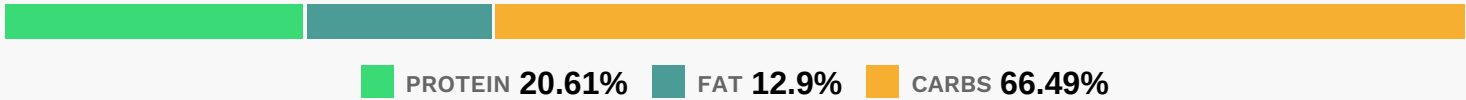
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Cook noodles in a Dutch oven according to package directions, omitting salt and fat. Rinse with cold water; drain.
- ☐ Bring water and broth to a boil in pan.
- ☐ Add noodles, edamame, and next 6 ingredients (edamame through onions).
- ☐ Remove from heat.
- ☐ Combine juice, ginger, miso, and chile paste, stirring with a whisk; stir into soup.
- ☐ Sprinkle with cilantro; serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:64.19, Glycemic Load:10.15, Inflammation Score:-10, Nutrition Score:15.762608936947%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 176.42kcal (8.82%), Fat: 2.66g (4.09%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 30.85g (10.28%), Net Carbohydrates: 24.94g (9.07%), Sugar: 8.48g (9.42%), Cholesterol: 0mg (0%), Sodium: 1042.64mg (45.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.12%), Vitamin A: 4914.87IU (98.3%), Vitamin C: 49.69mg (60.23%), Vitamin K: 33.76µg (32.15%), Fiber: 5.91g (23.62%), Manganese: 0.3mg (14.97%), Potassium: 523.39mg (14.95%), Vitamin B6: 0.3mg (14.81%), Iron: 2.07mg (11.47%), Folate: 45.07µg (11.27%), Vitamin B3: 2.23mg (11.13%), Vitamin B2: 0.16mg (9.62%), Vitamin B5: 0.88mg (8.82%), Phosphorus: 87.07mg (8.71%), Copper: 0.15mg (7.64%), Calcium: 72.51mg (7.25%), Magnesium: 26.71mg (6.68%), Zinc: 0.85mg (5.65%), Vitamin B1: 0.08mg (5.25%), Vitamin E: 0.68mg (4.54%), Selenium: 3.06µg (4.37%)