



Miso-Vegetable Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



15

CALORIES



39 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups baby spinach packed
- 0.5 cup carrots shredded (1 medium)
- 0.5 cup regular corn frozen
- 5 cups chicken broth low-sodium
- 0.3 cup golden miso
- 0.5 cup mushrooms thinly sliced
- 0.5 cup scallions sliced (3)
- 0.5 cup snow peas trimmed cut into 1-inch pieces

4 ounces spicy tofu firm cut into 1/2-inch dice

Equipment

bowl

ladle

whisk

pot

Directions

In a large pot, bring broth to a simmer over medium heat.

Remove 1/2 cup to a small bowl and whisk in miso until dissolved.

Add carrots, mushrooms and corn to pot and cook, stirring occasionally, for 3 minutes.

Add snow peas, spinach and scallions; cook for 1 minute. Stir in miso mixture. Simmer for 5 minutes, lowering heat if necessary to prevent boiling. Stir in tofu and cook until heated through, about 1 minute. Ladle into bowls and serve.

Nutrition Facts



Properties

Glycemic Index:14.59, Glycemic Load:0.8, Inflammation Score:-6, Nutrition Score:4.507391260046%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 38.98kcal (1.95%), Fat: 1.17g (1.8%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 3.84g (1.4%), Sugar: 0.9g (1%), Cholesterol: 0mg (0%), Sodium: 201.27mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Vitamin K: 24.11µg (22.96%), Vitamin A: 1067.05IU (21.34%), Vitamin B3: 1.43mg (7.14%), Vitamin C: 4.14mg (5.02%), Manganese: 0.1mg (4.79%), Phosphorus: 44.35mg (4.44%), Potassium: 149.75mg (4.28%), Copper: 0.08mg (4.18%), Vitamin B2: 0.07mg (3.85%), Iron: 0.63mg (3.53%), Folate: 13.75µg (3.44%), Fiber: 0.85g (3.4%), Vitamin B6: 0.05mg (2.46%), Calcium: 23.71mg (2.37%), Magnesium: 9.37mg

(2.34%), Zinc: 0.3mg (1.99%), Vitamin B1: 0.02mg (1.64%), Vitamin B12: 0.08µg (1.39%), Vitamin B5: 0.12mg (1.2%), Selenium: 0.74µg (1.06%)