



Nutrient-Packed Miso Soup (Optionally Raw)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



100 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 Teaspoon garlic minced
- ☐ 3 Tablespoons miso
- ☐ 1 cup mung bean sprouts
- ☐ 2 Tablespoons olive oil extra-virgin
- ☐ 2 Tablespoons scallion diced
- ☐ 2 cups pkt spinach washed coarsely chopped
- ☐ 3 cups water

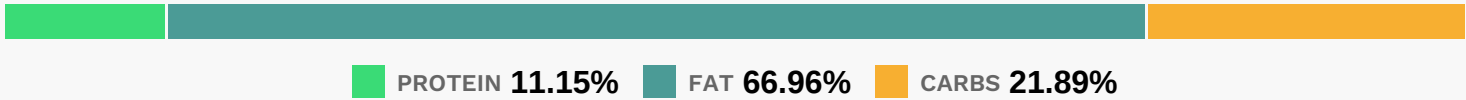
Equipment

- ☐ bowl
- ☐ whisk

Directions

☐ Marinate sprouts and spinach by tossing with extra-virgin olive oil. Set aside to soften.To make your broth, whisk together miso and a small amount of water. Slowly add remaining water, oil, and garlic. You can also blend if you want instead.To serve, transfer broth into four serving bowls. Top with marinated sprouts and spinach and garnish with scallion. Enjoy immediately.Broth will keep for 4 to 5 days when stored separately in fridge.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:1.74, Inflammation Score:-8, Nutrition Score:9.918695560616%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 100.45kcal (5.02%), Fat: 7.88g (12.12%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 5.8g (1.93%), Net Carbohydrates: 4.22g (1.53%), Sugar: 2g (2.23%), Cholesterol: 0mg (0%), Sodium: 498.6mg (21.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.91%), Vitamin K: 95.2µg (90.67%), Vitamin A: 1453.08IU (29.06%), Manganese: 0.31mg (15.51%), Folate: 49.33µg (12.33%), Vitamin C: 8.44mg (10.24%), Vitamin E: 1.36mg (9.05%), Copper: 0.15mg (7.44%), Magnesium: 25.99mg (6.5%), Fiber: 1.58g (6.32%), Iron: 1.06mg (5.87%), Vitamin B2: 0.09mg (5.5%), Potassium: 160.57mg (4.59%), Vitamin B6: 0.09mg (4.43%), Phosphorus: 43.92mg (4.39%), Zinc: 0.55mg (3.67%), Calcium: 34.41mg (3.44%), Vitamin B1: 0.05mg (3.28%), Vitamin B3: 0.44mg (2.2%), Selenium: 1.32µg (1.89%), Vitamin B5: 0.16mg (1.58%)