



Scallop and Soba Soup

READY IN



45 min.

SERVINGS



4

CALORIES



143 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 medium carrots sliced
- 2 teaspoons soya sauce low-sodium plus more to taste
- 2 ounces parmesan grated
- 6 scallions white green halved lengthwise cut into 1-inch pieces (and parts)
- 12 sea scallops
- 0.5 ounce soba noodles or whole-wheat
- 6 cups vegetable broth

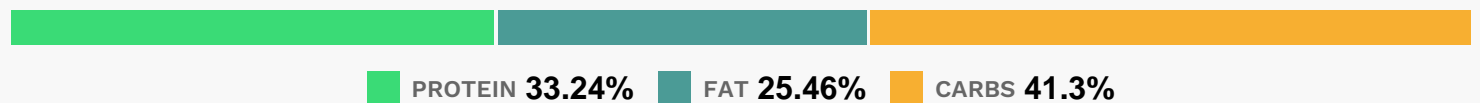
Equipment

- bowl
- ladle
- pot

Directions

- Cook the soba or spaghetti according to the package directions. Meanwhile, rinse the scallops and pat dry. In a pot, bring the broth and scallions to a simmer.
- Add the carrots and simmer for 2 minutes.
- Add the scallops and cook until they are the same color throughout, 5 to 7 minutes.
- Remove from heat and stir in the soy sauce. Divide the soba or spaghetti among individual bowls. Ladle the soup over the noodles.
- Serve with additional soy sauce on the side. Tip: You can vary the vegetables according to your mood or the contents of your crisper. Consider using green beans, snow peas, edamame, bok choy, or leafy greens, such as Swiss chard, in addition to or in place of the carrots.

Nutrition Facts



Properties

Glycemic Index:37.71, Glycemic Load:3.88, Inflammation Score:-10, Nutrition Score:13.727826065343%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 142.51kcal (7.13%), Fat: 4.08g (6.28%), Saturated Fat: 2.41g (15.09%), Carbohydrates: 14.9g (4.97%), Net Carbohydrates: 13.14g (4.78%), Sugar: 5.71g (6.34%), Cholesterol: 20.44mg (6.81%), Sodium: 1938.21mg (84.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.99g (23.99%), Vitamin A: 8685.33IU (173.71%), Vitamin K: 43.54µg (41.47%), Phosphorus: 284.64mg (28.46%), Calcium: 200.75mg (20.08%), Selenium: 11.7µg (16.72%), Vitamin B12: 0.8µg (13.41%), Manganese: 0.22mg (11.18%), Potassium: 317.79mg (9.08%), Magnesium: 32.02mg (8%), Folate: 31.52µg (7.88%), Vitamin C: 6.08mg (7.37%), Zinc: 1.08mg (7.22%), Fiber: 1.77g (7.07%), Vitamin B6: 0.13mg (6.59%), Vitamin B2: 0.11mg (6.22%), Vitamin B3: 1.11mg (5.55%), Iron: 0.85mg (4.74%), Vitamin B1: 0.07mg (4.47%), Vitamin B5: 0.34mg (3.42%), Copper: 0.07mg (3.39%), Vitamin E: 0.44mg (2.95%)