



Sea Treasure Clam Miso Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



42 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups dashi granules
- 1 piece ginger fresh frozen thawed
- 1 small spring onion thinly sliced
- 18 littleneck clams scrubbed
- 1 tablespoon miso paste red (aka-miso)
- 0.5 teaspoon soya sauce
- 2 cups water
- 3 tablespoons miso sweet white yellow (shiro-miso)

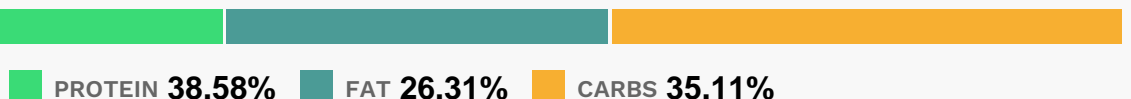
Equipment

- bowl
- ladle
- whisk
- pot
- sieve

Directions

- Squeeze thawed ginger over small bowl to extract 1 teaspoon juice. Set aside.
- Combine 2 cups Dashi and 2 cups water in large pot over medium-high heat.
- Add clams. Cover; simmer until clams open, about 10 minutes (discard clams that do not open).
- Remove from heat.
- Transfer clams to bowl.
- Remove meat from shells; reserve meat and shells separately. Strain broth and any accumulated juices through fine strainer lined with coffee filter. Return broth to pot.
- Mix white and red misos in bowl. Bring broth to simmer.
- Add 1/4 cup broth to miso; stir until miso dissolves.
- Whisk miso into broth in pot.
- Add reserved ginger juice and soy sauce. Keep warm over medium-low heat (do not boil).
- Place 1 clam shell in each bowl.
- Place 3 pieces clam meat in each shell. Ladle broth over; sprinkle with onion.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:1.49, Inflammation Score:-1, Nutrition Score:3.2095652015313%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 42.37kcal (2.12%), Fat: 1.24g (1.91%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 3.73g (1.24%), Net Carbohydrates: 3.06g (1.11%), Sugar: 0.82g (0.92%), Cholesterol: 1.89mg (0.63%), Sodium: 717.06mg (31.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Vitamin B12: 0.8µg (13.37%), Vitamin B3: 1.27mg (6.36%), Phosphorus: 56.25mg (5.62%), Manganese: 0.11mg (5.46%), Copper: 0.11mg (5.45%), Vitamin K: 5.22µg (4.97%), Selenium: 3.31µg (4.73%), Calcium: 36.57mg (3.66%), Iron: 0.59mg (3.26%), Vitamin B2: 0.06mg (3.24%), Potassium: 104.85mg (3%), Zinc: 0.42mg (2.81%), Fiber: 0.66g (2.64%), Magnesium: 9.11mg (2.28%), Vitamin B6: 0.03mg (1.73%), Folate: 6.47µg (1.62%), Vitamin E: 0.17mg (1.16%)