



Shiitake-and-Swiss-Chard Soup with Hand-Cut Noodles

 Dairy Free

READY IN

ready

90 min.

SERVINGS

servings

30

CALORIES

calories

49 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 ounces mushroom caps dried finely
- ☐ 2 cups flour all-purpose
- ☐ 6 ounces mushroom caps fresh stemmed thinly sliced
- ☐ 1 sheet kombu dried
- ☐ 0.3 cup mirin
- ☐ 0.5 cup soya sauce
- ☐ 1 pound swiss chard finely chopped

☐ 0.8 cup water

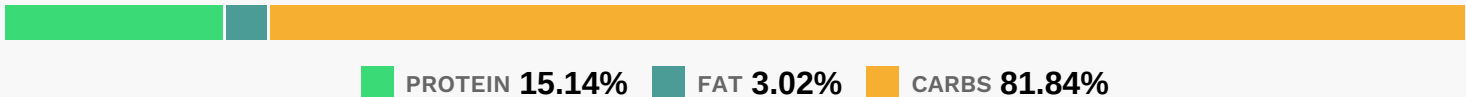
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ hand mixer

Directions

- ☐ In a large pot, combine the kombu with 14 cups of water and bring to a simmer. Cook over low heat, without boiling, for 30 minutes. Discard the kombu and bring the cooking broth to a boil.
- ☐ Add the ground mushrooms and return to a boil.
- ☐ Remove from the heat, cover and let steep for 30 minutes.
- ☐ In the bowl of a standing electric mixer fitted with the dough hook, mix the flour and water at medium speed just until the flour is moistened. Increase the speed to medium high and beat until a smooth, firm, elastic dough forms, 8 to 10 minutes. Wrap the dough in plastic; let stand for 30 minutes.
- ☐ Strain the broth into a heatproof bowl. Wipe out the pot and return the broth to it.
- ☐ Add the soy sauce and mirin and bring to a boil.
- ☐ Add the sliced shiitakes and Swiss chard and cook just until tender, 2 minutes; keep warm.
- ☐ On a lightly floured surface, roll the dough out 1/8 inch thick. Using a pastry wheel, slice the dough into uneven strips. Bring the broth back to a boil and add the noodles. Cook, stirring, until tender and the soup is slightly thickened, 5 minutes. Ladle the soup into bowls and garnish with kimchi and a little honey.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:4.81, Inflammation Score:-6, Nutrition Score:9.2643477761227%

Flavonoids

Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 48.77kcal (2.44%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 9.51g (3.46%), Sugar: 0.92g (1.02%), Cholesterol: 0mg (0%), Sodium: 264.78mg (11.51%), Alcohol: 0.2g (100%), Alcohol %: 0.57% (100%), Protein: 1.94g (3.88%), Vitamin K: 125.57µg (119.59%), Vitamin A: 924.82IU (18.5%), Copper: 0.2mg (9.99%), Manganese: 0.18mg (8.9%), Vitamin B5: 0.78mg (7.83%), Vitamin B3: 1.33mg (6.63%), Selenium: 4.62µg (6.6%), Vitamin B2: 0.11mg (6.42%), Folate: 23.57µg (5.89%), Vitamin C: 4.64mg (5.62%), Vitamin B1: 0.08mg (5.54%), Magnesium: 20.66mg (5.17%), Iron: 0.83mg (4.58%), Fiber: 0.97g (3.87%), Potassium: 135.22mg (3.86%), Phosphorus: 35.7mg (3.57%), Vitamin B6: 0.07mg (3.52%), Zinc: 0.41mg (2.71%), Vitamin E: 0.29mg (1.94%), Calcium: 10.48mg (1.05%)