



Superfoods Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



98 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 baby bok choy trimmed sliced (9 ounces or 250g)
- 2 servings pepper black freshly-ground to taste
- 4 cloves garlic minced
- 1 tablespoon miso white to taste (add more)
- 3 ounces mushrooms sliced
- 1 small onion halved sliced
- 1 teaspoon pepper red to taste (or pepper flakes)
- 3 ounces silken tofu organic cubed (see substitutes below)

4 cups water

Equipment

bowl

Directions

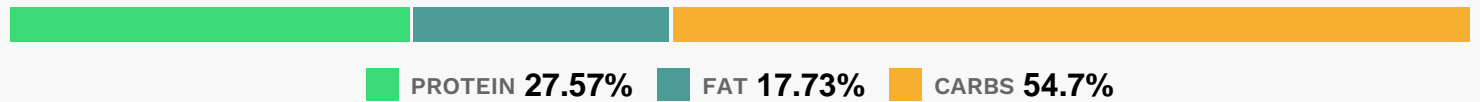
Add all ingredients except miso, reduce heat, and cover. Cook until vegetables are tender, about 15 minutes.

Remove a few tablespoons of the broth and place it in a small bowl; add the miso and stir until well combined.

Remove the soup from the heat and stir in the miso.

Serve.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:2.64, Inflammation Score:-10, Nutrition Score:16.73521723825%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg

Nutrients (% of daily need)

Calories: 97.62kcal (4.88%), Fat: 2.01g (3.1%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 10.27g (3.73%), Sugar: 5.24g (5.82%), Cholesterol: 0mg (0%), Sodium: 473.98mg (20.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Vitamin A: 7848.43IU (156.97%), Vitamin C: 81.64mg (98.95%), Calcium: 242.6mg (24.26%), Copper: 0.38mg (18.88%), Fiber: 3.72g (14.86%), Vitamin B2: 0.23mg (13.73%), Manganese: 0.27mg (13.41%), Iron: 2.35mg (13.06%), Vitamin B6: 0.2mg (10.17%), Phosphorus: 98.94mg (9.89%), Vitamin B3: 1.94mg (9.7%), Potassium: 325.61mg (9.3%), Selenium: 5.79µg (8.27%), Magnesium: 31.63mg (7.91%), Vitamin B1: 0.12mg (7.73%), Vitamin B5: 0.75mg (7.54%), Zinc: 0.88mg (5.87%), Folate: 15.97µg (3.99%), Vitamin K: 3.95µg (3.76%), Vitamin E: 0.4mg (2.66%)