



Tofu and Wakame Miso Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



101 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

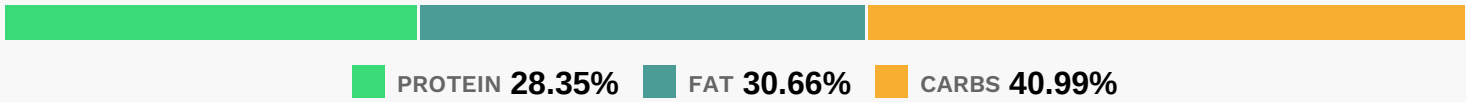
- ☐ 2 green onions sliced
- ☐ 0.3 cup miso
- ☐ 8 ounces spicy tofu cut into 1/2 in cubes
- ☐ 6 cups vegetable broth
- ☐ 0.3 cup wakame seaweed dried (seaweed)

Equipment

Directions

- ☐ Bring the dashi to a simmer, add the tofu and wakame, cook until the wakame is tender, about 5 minutes, and remove from heat.
- ☐ Place the miso in, add 1/2 cup of dashi and mix before pouring the mixture back into the soup.
- ☐ Add the green onions and enjoy!

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:4.35, Inflammation Score:-5, Nutrition Score:3.8995652218228%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 101.34kcal (5.07%), Fat: 3.54g (5.45%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 9.11g (3.31%), Sugar: 4.37g (4.86%), Cholesterol: 0mg (0%), Sodium: 2057.05mg (89.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.37g (14.73%), Vitamin K: 17.47µg (16.64%), Vitamin A: 826.72IU (16.53%), Calcium: 85.46mg (8.55%), Manganese: 0.16mg (8.08%), Iron: 1.2mg (6.69%), Fiber: 1.54g (6.16%), Copper: 0.08mg (3.9%), Zinc: 0.46mg (3.1%), Phosphorus: 29.8mg (2.98%), Vitamin B2: 0.05mg (2.68%), Magnesium: 9.78mg (2.45%), Folate: 7.72µg (1.93%), Vitamin B6: 0.04mg (1.89%), Selenium: 1.24µg (1.77%), Potassium: 52.81mg (1.51%), Vitamin C: 1.14mg (1.38%), Vitamin B1: 0.02mg (1.36%)