

# Breakfast Miso

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-breakfast-soup-recipe>

## Ingredients:

- 6 1/2 tablespoons pumpkin or carrot, peeled
- 10 snowpeas sliced
- 4 1/4 cups water or vegetable stock
- 3/4 ounce dashi powder instant
- 2 tablespoons mirin
- 1 tablespoon soy sauce
- 3 1/2 ounces dried soba or ramen noodles
- 2 tablespoons white miso or red
- 6 7/16 tablespoons silken tofu diced, optional
- 2 boiled eggs peeled and halved
- 1 sheet nori torn into little bits
- 2 spring onions finely chopped
- 2 teaspoons sesame seeds

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 105 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 11 grams
7. SaturatedFat: 1 grams
8. Sodium: 790 milligrams
9. Sugar: 2 grams

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