

Easy Miso Soup (Japanese Clear Soup)

Yield: 10 min
Total Time: 15 min

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

Ingredients:

- 2 liters water liquid quarts or 2 l
- 1/3 cup seaweed wakame, See notes below for details
- 3 sheets nori cut into squares or rectangles
- 1 cup shimeji mushrooms See notes below for details
- 2 cups baby spinach
- 7 ounces silken tofu diced into cubes
- 1/2 cup white miso paste See notes below for details

Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 5 grams
3. Fat: 2 grams
4. Fiber: 1 grams
5. Protein: 4 grams
6. Sodium: 530 milligrams
7. Sugar: 1 grams

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