

# Japanese Summer Vegetable Miso Soup

Yield: 4 min  
Total Time: 10 min

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

## Ingredients:

- 1 zucchini
- 1 eggplant
- 1 tomato
- 1 teaspoon dashi powder
- 2 tablespoons miso paste
- 3 cups water

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 13 grams
3. Fat: 0.5 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. Sodium: 340 milligrams
7. Sugar: 6 grams

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