

# Udon Miso Noodle Soup

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/udon-japanese-noodles-soups-recipe>

## Ingredients:

- 12 ounces fresh udon noodles or substitute with dry pasta/noodles
- 4 cups chicken stock
- 1/2 cup sliced carrots thinly
- 1/2 cup snow peas sliced on the diagonal
- 1/2 cup fresh mushrooms
- 2 tablespoons white miso shiro miso
- 1/2 cup green onions

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 5 milligrams
4. Fat: 3 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. Sodium: 680 milligrams
8. Sugar: 7 grams

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