

# Soba Soup with Spinach

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 2 tablespoons vegetable oil
- 12 ounces shiitake mushrooms stems removed, caps thinly sliced
- 4 scallions white and green parts separated and thinly sliced
- 1 garlic clove minced
- 1 tablespoon fresh ginger peeled and minced
- coarse salt
- 2 cans reduced sodium chicken broth 14.5 ounces each
- 4 3/8 ounces soba Japanese buckwheat noodles
- 1 bunch flat leaf spinach torn
- 2 tablespoons fresh lime juice
- 1 tablespoon soy sauce

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 32 grams
3. Fat: 7 grams
4. Fiber: 3 grams
5. Protein: 9 grams
6. Sodium: 1130 milligrams
7. Sugar: 1 grams

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