

# Spicy Steamed Mussels in Miso Broth

Yield: 2 min  
Total Time: 16 min

Recipe from: <https://www.recipeschoose.com/recipes/mussel-soup-recipe-tomato-italian>

## Ingredients:

- 1 pound mussels live
- 2 teaspoons cooking oil
- 1/2 onion diced
- 1 clove garlic finely minced
- 1 teaspoon fresh ginger finely grated
- 1 tomato diced
- vegetable handful fresh leafy, like baby bok choy, cabbage or spinach
- 2 cups vegetable broth
- 2 tablespoons miso & Easy, or 1 tablespoon miso paste
- 1 teaspoon hot chili sauce like Sriracha, or more to taste
- 2 wedges lime

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 65 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 32 grams
7. Sodium: 2250 milligrams
8. Sugar: 7 grams

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