

MAKES 8 SERVINGS OF DELICIOUS SOUP  
• IN 4 DOUBLE SERVING PACKETS •



# MISO-CUP®

INSTANT SOUP IN SECONDS™  
PLANT-BASED • GLUTEN FREE • LOW CALORIE

**SAVORY WITH SEAWEED**



SERVING SUGGESTION



NET WT. 2.5 oz 72g



Packed in USA  
Product of Japan  
email: [customers@edwardandsons.com](mailto:customers@edwardandsons.com)  
Convenience Without Compromise®  
edwardandsons.com  
Edward & Sons Trading Co., Inc.  
PO Box 1326  
Carpintheria, CA 93014 USA

Distributed by:  
Edward & Sons Trading Co., Inc.  
PO Box 1326  
Carpintheria, CA 93014 USA  
Ingredients: Freeze-dried  
Miso (Soybeans, Rice, Salt,  
Roasted Soybean Powder,  
Koji Culture [Aspergillus  
Oryzae]), Wakame  
Seaweed, Green Onion.  
Contains Soy.

MBL 23

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.	
<b>Total Fat</b> 1.5g	2%
<b>Total Fat</b> 1.5g	2%
<b>Saturated Fat</b> 0g	0%
<b>Trans Fat</b> 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 710mg	31%
<b>Total Carbohydrate</b> 3g	1%
<b>Dietary Fiber</b> less than 1g	0%
<b>Total Sugars</b> 2g	
<b>Includes 0g Added Sugars</b>	0%
<b>Protein</b> 2g	
<b>Vit. D</b> 0mcg	0%
<b>Calcium</b> 22mg	2%
<b>Iron</b> 0.7mg	4%
<b>Potas.</b> 100mg	2%

**Amount per serving**  
**Calories 35**  
Serving Size 1/2 envelope (9g)  
About 8 servings per container

**SPECIAL OFFER!**  
Many instant soups are packaged in disposable cups. This wastes trees and petroleum resources, thereby adding to the financial and ecological cost of those soups. Edward & Sons encourages you to use your own favorite cup to preserve our precious resources, or you may enjoy ours. USA customers may purchase an attractive Miso-Cup Soup mug for only \$3.99. Please send a check for \$3.99 to Edward & Sons, PO Box 1326, Carpintheria CA 93014, and we will send you a Miso-Cup mug. All proceeds from this offer are donated to non-profit reforestation organizations to help renew depleted woodland resources.

**Recipe:** Creamy Miso Party Dip  
Mix contents of 1 Miso-Cup envelope with 1/2 oz sour cream (dairy or non-dairy) and stir well.  
**Hint:** When preparing any soup stock, add Miso-Cup as desired for added flavor and nutritional content.

**Instant Soup Directions:**  
(1 envelope makes 2 servings of soup)  
Add contents of 1/2 envelope (about 1 Tbsp) to 8 oz of hot water. Stir. Enjoy!

**The Story of Miso-Cup®**  
Miso, one of Asia's most important foods, was created by the Buddhist monks later brought this versatile soyfood to Japan, where it evolved into the delicious miso soup we enjoy today. Miso was originally reserved exclusively for nobility, but it was eventually shared more widely, and has become a treasured staple in kitchens throughout Asia. The popularity of Japanese cuisine has made miso soup a worldwide favorite, thanks to its wonderful flavor and unique nutritional profile. To make Miso-Cup Savory With Seaweed, food artisans age cooked soybeans and rice with a traditional starter culture called "koji." They employ salt, time and pressure to regulate this aging process and create the culinary treasure which is miso. We freeze-dry their fresh, unpasteurized miso, adding select ingredients, such as onion and mineral rich wakame seaweed, to make Miso-Cup complete. Like yogurt, miso is considered to be a living food. That's why Edward & Sons takes extra care to use costly freeze-drying methods that retain many of the living cultures for which fresh miso is prized. Miso-Cup boasts rich, satisfying flavor without any cholesterol or trans fats. Enjoy convenient Instant Soup In Seconds™ or experiment with Miso-Cup as an all-purpose seasoning to enhance sandwiches, flavor dips, season gravy and more. Miso-Cup - delivering Convenience Without Compromise® to discerning customers with busy lifestyles since 1978. \*SOURCE: THE BOOK OF MISO, by W. Shurtleff & A. Aoyagi, Ballantine Books. For more information, go to [soyinfocenter.com](http://soyinfocenter.com)