The Story of Miso-Cup®

Miso (pronounced meé-so), one of Asia's most important foods, was created by the ancient Chinese more than two thousand years ago. 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 now 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 Golden Vegetable Miso-Cup®, 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 known as miso. We freeze-dry their fresh, unpasteurized miso, adding select ingredients, such as onions and parsley, to make Miso Cup complete. Like yogurt, miso is considered to be a living food. That is why Edward & Sons takes extra care to use costly freeze-drying methods that retain, as much as possible, the living cultures for which fresh miso is prized.

Miso-Cup boasts rich, satisfying flavor without any cholesterol or trans fats. Prepare as directed to 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 consumers with busy lifestyles since 1978.

*SOURCE: THE BOOK OF MISO, by W. Shurtleff & A. Aoyagi, 10 Speed Press.
For more information, go to www.soyinfocenter.com

Miso-Cup® Instant Soup Directions: Add 1/2 contents of an envelope (about 1 tablespoon) to 8 oz. of hot water. Stir. Enjoy!

Note: One envelope makes 2 servings of soup.

Recipe: Creamy Miso Party Dip

Mix contents of 1 Miso-Cup envelope with 12 to 16 oz sour cream (dairy or non-dairy) and stir well.
Serve with chips, raw veggies, or
Edward & Sons Baked Brown Rice Snaps®.

Serving Suggestion:

Sprinkle Miso-Cup on sliced or mashed avocado for a savory treat.

Hint: When preparing any soup stock, you may add Miso-Cup as desired for added flavor and nutritional content.

Ingredients: Freeze-Dried Miso (Water, Soybeans, Rice, Salt, Roasted Soybean Powder, Koji Culture [Aspergillus Oryzae]), Onion Powder, Green Onion, Parsley.
Allergen: Contains Soy.

Ingrédients: Miso séché-à-froid (eau, fèves de soya, riz, sel, poudre de soya grillée, culture de koji [Aspergillus Oryzae]), poudre d'oignons, oignons vert, persil. Allergène: Contient du soya.

Edward & Sons™ Dist. by/par:
Edward & Sons Trading Company, Inc.
PO Box 1326, Carpinteria, CA 93014 USA
www.edwardandsons.com

Product of Japan/Packed in USA
Produit du Japon/Empaqueté aux E.U.

Nutrition Facts
Valeur nutritive

Per 9 g (one half envelope)
Par 9 g (la moitié du sachet)
Servings Per Container: 8
Portions par boîte: 8

Amount Per Serving / Teneur	% Daily Value* / % valeur quotidienne*
Calories / Calories 30	
Calories From Fat 10	
Calories de lipides 10	
Total Fat / Lipides 1 g	**2%**
Saturated Fat / saturés 0 g + *Trans* Fat / trans 0 g	**0%**
Cholesterol / Cholestérol 0 mg	**0%**
Sodium / Sodium 740 mg	**31%**
Potassium / Potassium 80 mg	**2%**
Carbohydrate / Glucides 4 g	**1%**
Sugars / Sucres 3 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	2%
Iron / Fer	4%

Not a significant source of fiber.
Source négligeable de fibre.

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
* Pourcentage de la valeur quotidienne selon un régime alimentaire de 2,000 Calories. Vos valeurs quotidiennes personnelles peuvent être plus ou moins élevées selon vos besoins énergétiques.

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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 want to enjoy one of ours.

USA customers may purchase an attractive Miso-Cup® Soup travel mug (a $6.95 value), for only $ 3.99. Please send a check for $3.99 to Miso-Cup Soup Mug Offer, PO Box 1326, Carpinteria CA 93014. We will send you an attractive Miso-Cup® mug for your very own. All proceeds from this offer will be donated to non-profit reforestation organizations to help balance depleted woodland resources.

Net Wt. / Poids net 2.5oz 72g

Delicious Soup in Seconds!™

MISO-CUP®
DELICIOUS GOLDEN VEGETABLE SOUP

"THE ORIGINAL"

FREEZE-DRIED INSTANT
Just Add Hot Water!

LOW FAT
LOW CALORIE
CHOLESTEROL FREE

Makes 8 Cups
From 4 Envelopes

Edward & Sons™
CONVENIENCE WITHOUT COMPROMISE®
Since 1978

MISO-CUP®
DELICIOUS SOUP IN SECONDS
INSTANT
DELICIOUS GOLDEN VEGETABLE SOUP
SOUPE AU MISO DORÉ INSTANTANÉE

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