



Asian Dumpling Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 49 oz chicken broth low-sodium canned
- ☐ 3 tablespoons ginger fresh minced
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup green onion sliced
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 4 servings asian sesame oil toasted
- ☐ 1 tablespoon soya sauce
- ☐ 1 pound won tons frozen

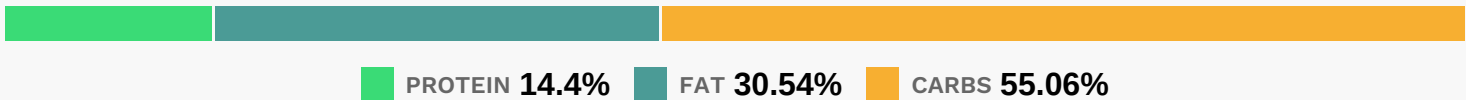
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan, add chicken broth, ginger, garlic, rice vinegar, and soy sauce. Bring to a boil over high heat.
- ☐ Add potstickers or won tons and simmer, uncovered, until hot in center (cut to test), 6 to 8 minutes.
- ☐ Add sliced green onion.
- ☐ Serve in bowls and add Asian (toasted) sesame oil to taste.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:17.599565034327%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 523.89kcal (26.19%), Fat: 17.86g (27.48%), Saturated Fat: 2.92g (18.28%), Carbohydrates: 72.43g (24.14%), Net Carbohydrates: 69.89g (25.41%), Sugar: 0.93g (1.03%), Cholesterol: 10.21mg (3.4%), Sodium: 1007.29mg (43.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.95g (37.9%), Vitamin B3: 11.2mg (56.01%), Selenium: 32.38µg (46.26%), Manganese: 0.81mg (40.37%), Vitamin B1: 0.6mg (40.16%), Vitamin B2: 0.55mg (32.54%), Iron: 4.89mg (27.17%), Folate: 106.95µg (26.74%), Vitamin K: 27.81µg (26.49%), Phosphorus: 210.91mg (21.09%), Copper: 0.38mg (18.85%), Potassium: 463.65mg (13.25%), Fiber: 2.54g (10.15%), Zinc: 1.26mg (8.38%), Magnesium: 33.16mg (8.29%), Calcium: 81.12mg (8.11%), Vitamin B12: 0.37µg (6.17%), Vitamin B6: 0.11mg (5.62%), Vitamin C: 3.08mg (3.73%), Vitamin A: 140.64IU (2.81%), Vitamin E: 0.28mg (1.86%)