



Beggar's Bundle Soup

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound ham cooked sliced
- ☐ 4 egg roll wrappers 6 in. square
- ☐ 2 cups fat-skimmed chicken broth
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 tablespoon ginger fresh minced
- ☐ 0.3 pound mushroom caps fresh
- ☐ 7 green onions including tops
- ☐ 3 cups napa cabbage chopped

☐ 0.5 cup water chestnuts drained sliced chopped

Equipment

☐ bowl

☐ frying pan

☐ ladle

Directions

☐ Trim off and discard mushroom stems. Rinse caps, drain, and cut into 1/4-inch slices.

☐ Cut ham into thin slivers.

☐ Trim off and discard root ends of green onions.

☐ Cut off 4 of the longest green spears from onion tops and set aside. Chop white parts of onions and enough of the remaining tops to make 1 cup. Discard remaining tops.

☐ In a 5- to 6-quart nonstick pan over high heat, combine mushrooms, ham, 1/2 cup chopped onions, water chestnuts, cabbage, and ginger. Stir often until mixture is lightly browned, about 8 minutes. Spoon into a bowl.

☐ Pour 1 cup water and enough of the broth into pan to make liquid 1 inch deep. Bring to a boil over high heat.

☐ Immerse reserved green onion tops in liquid just until wilted, 1/2 to 1 minute. Turn heat to low and set a rack in pan above liquid.

☐ Spoon 1/4 of the mushroom mixture onto the center of each egg roll wrapper. Bring corners of wrapper together and tie with a green onion top to enclose filling.

☐ Gently set bundles side by side on rack. Cover pan, turn heat to high, and steam until bundles are slightly translucent and egg roll wrappers are firm (cut a small piece from top to test), about 5 minutes.

☐ With 2 large spoons, gently transfer 1 or 2 bundles to each of 2 soup bowls.

☐ Add remaining broth and green onions to pan, bring to a boil, then ladle into bowls.

☐ Sprinkle bundles with cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:2.25, Inflammation Score:-8, Nutrition Score:29.276956278345%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 267.66kcal (13.38%), Fat: 5.77g (8.88%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 37.55g (12.52%), Net Carbohydrates: 30.86g (11.22%), Sugar: 6.53g (7.25%), Cholesterol: 43.73mg (14.58%), Sodium: 1762.57mg (76.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.76g (37.53%), Vitamin K: 144.29µg (137.41%), Vitamin C: 53.91mg (65.35%), Selenium: 28.39µg (40.56%), Vitamin B3: 7.94mg (39.7%), Vitamin B6: 0.79mg (39.53%), Folate: 157.77µg (39.44%), Manganese: 0.74mg (37.1%), Vitamin B1: 0.54mg (36.05%), Phosphorus: 343.11mg (34.31%), Vitamin B2: 0.52mg (30.68%), Potassium: 940.73mg (26.88%), Fiber: 6.69g (26.77%), Vitamin B12: 1.26µg (20.98%), Iron: 3.72mg (20.65%), Copper: 0.4mg (20.22%), Vitamin A: 964.85IU (19.3%), Vitamin B5: 1.92mg (19.23%), Zinc: 2.86mg (19.09%), Magnesium: 60.65mg (15.16%), Calcium: 149.59mg (14.96%), Vitamin E: 0.88mg (5.9%), Vitamin D: 0.23µg (1.51%)