



Chicken and Shrimp Dumplings in Green Onion-Shiitake Broth

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 square egg roll wrappers (6 in. wide)
- ☐ 1 teaspoon ginger fresh minced
- ☐ 4 mushroom caps fresh thinly sliced
- ☐ 2 garlic clove chopped
- ☐ 2 spring onion divided thinly sliced
- ☐ 0.5 pound ground chicken
- ☐ 1.5 qts chicken broth reduced-sodium

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sesame oil divided toasted
- ☐ 0.5 pound shrimp shelled deveined chopped
- ☐ 1.5 tablespoons soya sauce
- ☐ 1 teaspoon sriracha

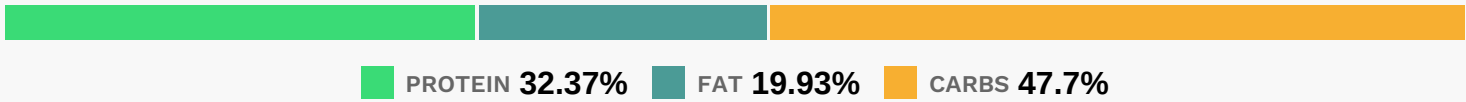
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Combine broth and soy sauce in a medium saucepan and bring to a boil. Reduce heat to barely a simmer.
- ☐ Mix shrimp, chicken, onion bottoms, garlic, 1 tsp. sesame oil, the ginger, Sriracha, salt, and pepper in a bowl. Arrange egg roll wrappers on a work surface. Shape chicken–shrimp filling into 4 balls and put 1 ball on the center of each wrapper. Moisten wrapper edges with water and pull up all 4 corners of each wrapper to meet in the center. Working from center down, pinch edges together to seal tightly, forming 4–sided pyramids.
- ☐ Lower dumplings gently into broth, cover, and simmer until cooked through, about 8 minutes. In last 2 minutes of cooking, add shiitakes. Spoon each dumpling into a bowl and ladle broth on top.
- ☐ Sprinkle with onion tops and remaining 1 tsp. sesame oil.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:20.653478482495%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 464.87kcal (23.24%), Fat: 10.39g (15.99%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 55.95g (18.65%), Net Carbohydrates: 53.78g (19.56%), Sugar: 1.09g (1.21%), Cholesterol: 147.7mg (49.23%), Sodium: 1390.89mg (60.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.97g (75.94%), Vitamin B3: 13.49mg (67.46%), Selenium: 30.86µg (44.09%), Phosphorus: 427.02mg (42.7%), Vitamin B2: 0.61mg (36.04%), Manganese: 0.69mg (34.45%), Vitamin B1: 0.52mg (34.4%), Copper: 0.61mg (30.31%), Iron: 4.72mg (26.2%), Potassium: 905.23mg (25.86%), Vitamin B6: 0.43mg (21.54%), Folate: 80.72µg (20.18%), Zinc: 2.77mg (18.47%), Magnesium: 59.86mg (14.97%), Vitamin K: 13.4µg (12.76%), Vitamin B12: 0.69µg (11.49%), Calcium: 103.39mg (10.34%), Vitamin B5: 0.89mg (8.93%), Fiber: 2.17g (8.66%), Vitamin C: 2.37mg (2.87%), Vitamin A: 74.16IU (1.48%), Vitamin E: 0.22mg (1.46%)