



WHATSheATE



Chicken Wonton Soup



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



145 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 cups pre-shredded carrots



4 cups chicken broth low-sodium



1 tablespoon soya sauce low-sodium



8 pork dumplings frozen



1 cup thinly precooked rotisserie chicken shredded

Equipment

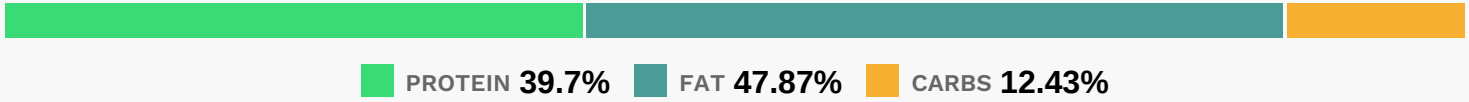


pot

Directions

- ☐ Prep time: 5 minutes
 - ☐ Cooking time: about 15 minutes
 - ☐ In a large pot, heat chicken broth over moderate heat until simmering.
 - ☐ Add the carrots and cook 2 minutes.
 - ☐ Add the dumplings, cover the pot, and cook for 5 minutes.
 - ☐ Add chicken and soy sauce and cook another 3 minutes, or until the soup is hot, the vegetables are tender, and the dumplings are cooked through.
- How kids can help: Measure carrots; shred chicken with fingers; count out dumplings.

Nutrition Facts



Properties

Glycemic Index:5.85, Glycemic Load:1.02, Inflammation Score:-10, Nutrition Score:8.905652196511%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 145.42kcal (7.27%), Fat: 7.87g (12.11%), Saturated Fat: 2.6g (16.22%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 3.69g (1.34%), Sugar: 1.69g (1.87%), Cholesterol: 44.23mg (14.74%), Sodium: 244.42mg (10.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.68g (29.37%), Vitamin A: 5347.46IU (106.95%), Vitamin B3: 2.91mg (14.54%), Vitamin B1: 0.18mg (12.2%), Phosphorus: 88.42mg (8.84%), Potassium: 274.06mg (7.83%), Selenium: 5.45µg (7.79%), Vitamin B6: 0.14mg (7.17%), Vitamin B2: 0.11mg (6.5%), Zinc: 0.69mg (4.63%), Vitamin B12: 0.27µg (4.53%), Copper: 0.09mg (4.27%), Vitamin K: 4.22µg (4.02%), Fiber: 0.91g (3.64%), Iron: 0.56mg (3.14%), Manganese: 0.06mg (2.82%), Magnesium: 10.58mg (2.64%), Vitamin C: 2.04mg (2.48%), Vitamin B5: 0.24mg (2.41%), Folate: 8.06µg (2.02%), Calcium: 18.96mg (1.9%), Vitamin E: 0.22mg (1.46%)