



Chinese Chicken Dumpling Soup

 Dairy Free

READY IN



49 min.

SERVINGS



4

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounces chicken breast minced cooked
- ☐ 4 cups less-sodium chicken broth fat-free
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup green onions sliced
- ☐ 2 tablespoons hoisin sauce
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 0.5 cup mushrooms sliced
- ☐ 16 won ton wrappers

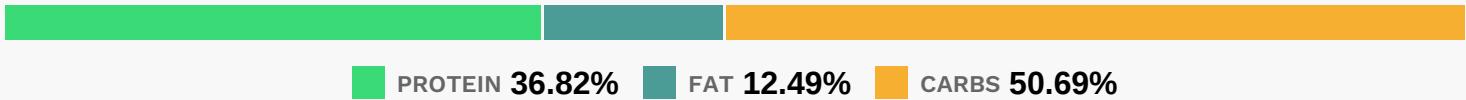
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Combine first 3 ingredients in a small bowl. Working with 1 won ton wrapper at a time (cover remaining wrappers with a damp towel to keep them from drying), spoon about 1 tablespoon chicken mixture into center of each wrapper. Moisten edges of wrapper with water; bring opposite corners together. Press edges together to seal, forming a triangle. Cover lightly and set aside.
- ☐ Combine chicken broth and soy sauce in a large saucepan; bring to a simmer over medium heat.
- ☐ Add 4 dumplings; stir gently. Cook 4 minutes or until dumplings float to top.
- ☐ Place dumplings in a soup bowl. Repeat procedure with remaining dumplings.
- ☐ Add mushrooms and green onions to broth; cook 1 minute. Ladle 1 cup broth mixture over each bowl of dumplings.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:10.496521774841%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 178.58kcal (8.93%), Fat: 2.43g (3.74%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 22.22g (7.41%), Net Carbohydrates: 21.14g (7.69%), Sugar: 2.92g (3.25%), Cholesterol: 33.06mg (11.02%), Sodium: 1347.59mg (58.59%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 16.14g (32.28%), Vitamin B3: 8.34mg (41.72%), Selenium:

24.55µg (35.07%), Vitamin B2: 0.28mg (16.39%), Phosphorus: 150.03mg (15%), Vitamin B1: 0.21mg (14.07%), Vitamin B6: 0.28mg (13.96%), Manganese: 0.27mg (13.51%), Vitamin K: 14.01µg (13.35%), Iron: 1.97mg (10.93%), Vitamin B12: 0.59µg (9.75%), Folate: 38.65µg (9.66%), Vitamin B5: 0.82mg (8.21%), Copper: 0.16mg (8%), Potassium: 258.71mg (7.39%), Magnesium: 24.6mg (6.15%), Zinc: 0.75mg (4.98%), Fiber: 1.07g (4.29%), Calcium: 36.87mg (3.69%), Vitamin A: 94.68IU (1.89%), Vitamin C: 1.54mg (1.87%), Vitamin E: 0.17mg (1.14%)