



Chinese Dumpling Soup

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



377 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 24 dumplings frozen chinese
- 4 cups baby spinach
- 1 tablespoon balsamic vinegar/or 2 tablespoons vinegar black
- 8 cups mushroom broth low-sodium
- 2 carrots thinly sliced
- 2 teaspoons sesame oil dark
- 1 piece ginger fresh julienned peeled cut into match sticks
- 1 pinch salt

- 3 scallions white green thinly sliced (and parts)
- 0.3 cup pale sherry dry
- 1 tablespoon soya sauce dark
- 1 teaspoon sugar

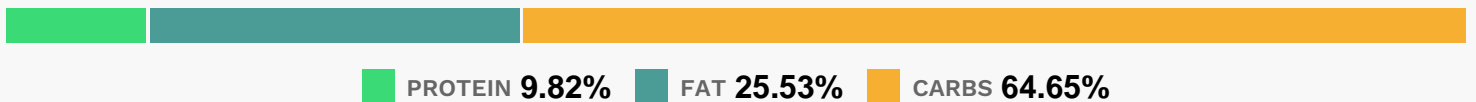
Equipment

- bowl
- pot

Directions

- Put the broth, ginger, soy, wine, vinegar, sesame oil, sugar and salt in a soup pot and bring to a boil over high heat. Adjust the heat so the broth simmers and cooks to lightly flavor with ginger, about 10-15-minutes.
- Add the carrots, and simmer until tender and cooked through, about 5 minutes. Just before serving, add the dumplings, cook for 3 minutes, stir in the scallions and spinach and cook until the greens wilt, about 1 minute. Divide among warm bowls and serve.
- Serve with chili sauce on the side if desired.
- Photograph by Antonis Achiellos

Nutrition Facts



Properties

Glycemic Index:80.23, Glycemic Load:5.12, Inflammation Score:-10, Nutrition Score:15.987391264542%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 376.52kcal (18.83%), Fat: 10.8g (16.61%), Saturated Fat: 1.92g (11.97%), Carbohydrates: 61.52g (20.51%), Net Carbohydrates: 56.5g (20.54%), Sugar: 12.97g (14.42%), Cholesterol: 5.35mg (1.78%), Sodium: 2746.29mg (119.4%), Alcohol: 1.54g (100%), Alcohol %: 0.28% (100%), Protein: 9.34g (18.68%), Vitamin A: 8999.26IU (179.99%), Vitamin K: 167.89µg (159.89%), Vitamin C: 24.86mg (30.13%), Fiber: 5.02g (20.09%), Manganese: 0.38mg (18.82%), Folate: 70.91µg (17.73%), Iron: 3.16mg (17.54%), Calcium: 92.71mg (9.27%), Potassium: 321.79mg (9.19%), Magnesium: 33.69mg (8.42%), Vitamin B6: 0.13mg (6.27%), Vitamin E: 0.89mg (5.95%), Vitamin B2: 0.09mg (5.38%), Vitamin B3: 0.77mg (3.86%), Phosphorus: 38.61mg (3.86%), Copper: 0.07mg (3.6%), Vitamin B1: 0.05mg (3.49%), Zinc: 0.31mg (2.09%), Vitamin B5: 0.14mg (1.37%)