



Chinese Dumpling Soup

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound dumplings frozen chinese (24)
- ☐ 4 cups baby spinach
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 cup carrots thinly sliced
- ☐ 1 piece ginger fresh julienned peeled
- ☐ 4 servings kosher salt
- ☐ 8 cups chicken broth low-sodium
- ☐ 0.3 cup white vermouth dry chinese

- ☐ 3 scallions white green thinly sliced
- ☐ 2 teaspoons sesame oil toasted
- ☐ 1 tablespoon soya sauce dark
- ☐ 1 teaspoon sugar

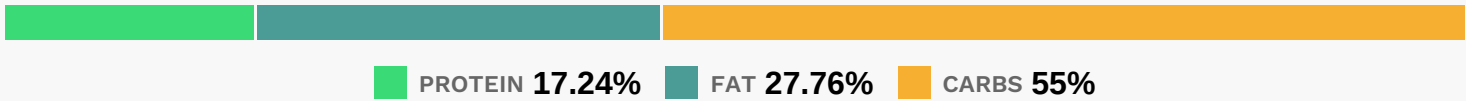
Equipment

- ☐ pot

Directions

- ☐ Bring the broth, ginger, soy sauce, wine, vinegar, sesame oil, sugar and a pinch of salt to a boil in a soup pot over high heat. Lower the heat and simmer about 10 minutes.
- ☐ Add the carrots and cook until just tender, about 5 minutes.
- ☐ Add the dumplings and cook until just tender, about 3 minutes. Stir in the scallions and spinach and cook until wilted, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:68.98, Glycemic Load:2.46, Inflammation Score:-10, Nutrition Score:20.303478064744%

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: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 413.24kcal (20.66%), Fat: 13.16g (20.25%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 58.66g (19.55%), Net Carbohydrates: 53.77g (19.55%), Sugar: 9.37g (10.41%), Cholesterol: 5.06mg (1.69%), Sodium: 1162.37mg (50.54%), Alcohol: 1.54g (100%), Alcohol %: 0.29% (100%), Protein: 18.38g (36.77%), Vitamin A: 8248.75IU (164.98%), Vitamin K: 168.09µg (160.08%), Vitamin B3: 7.25mg (36.26%), Vitamin C: 24.24mg (29.38%), Iron:

4.05mg (22.49%), Potassium: 732.55mg (20.93%), Fiber: 4.89g (19.55%), Manganese: 0.38mg (18.95%), Phosphorus: 180.74mg (18.07%), Folate: 71.19µg (17.8%), Copper: 0.31mg (15.67%), Vitamin B2: 0.23mg (13.76%), Calcium: 109.84mg (10.98%), Magnesium: 38.6mg (9.65%), Vitamin B6: 0.17mg (8.73%), Vitamin B12: 0.47µg (7.87%), Vitamin E: 0.9mg (6.01%), Zinc: 0.79mg (5.27%), Vitamin B1: 0.05mg (3.55%), Vitamin B5: 0.14mg (1.41%)