



Dumpling Soup

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup button mushrooms sliced
- ☐ 2 medium carrots thinly sliced
- ☐ 1 piece ginger peeled thinly sliced
- ☐ 0.3 pound thick- ham diced
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 4 cups chicken broth low-sodium
- ☐ 2 to 3 napa cabbage leaves thinly sliced
- ☐ 4 strips orange zest

- ☐ 2 tablespoons rice wine dry chinese
- ☐ 2 scallions white green separated sliced
- ☐ 24 pot stickers soy sauce frozen for drizzling
- ☐ 1 tablespoon sugar

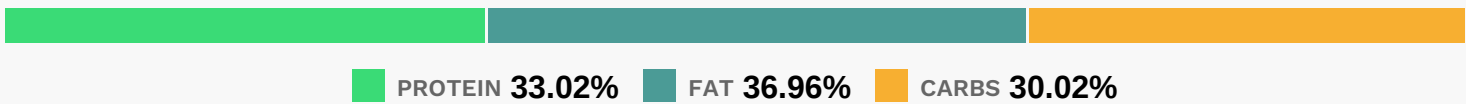
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Combine 2 cups water, the broth, ham, sherry, sugar, ginger, orange zest, 1/2 teaspoon salt, and pepper to taste in a large pot. Cover and bring to a boil over high heat.
- ☐ Add the scallion whites, mushrooms and carrots. Reduce the heat and simmer, uncovered, until the carrots are crisp-tender, about 4 minutes.
- ☐ Add the cabbage, dumplings and scallion greens. Cover and cook until the dumplings are soft and heated through, 4 to 5 minutes. Divide the dumplings and soup among bowls.
- ☐ Drizzle with soy sauce, if desired.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:60.73, Glycemic Load:3.5, Inflammation Score:-10, Nutrition Score:14.143478108489%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 156.16kcal (7.81%), Fat: 6.4g (9.84%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 11.69g (3.9%), Net Carbohydrates: 10.08g (3.67%), Sugar: 5.69g (6.32%), Cholesterol: 17.58mg (5.86%), Sodium: 961.16mg (41.79%),

Alcohol: 1.21g (100%), Alcohol %: 0.43% (100%), Protein: 12.85g (25.71%), Vitamin A: 5203.87IU (104.08%), Vitamin B3: 6.01mg (30.05%), Vitamin K: 22.45µg (21.38%), Phosphorus: 178.12mg (17.81%), Vitamin B2: 0.27mg (15.92%), Potassium: 531.92mg (15.2%), Vitamin B1: 0.22mg (14.94%), Copper: 0.26mg (12.9%), Selenium: 9.01µg (12.87%), Vitamin B6: 0.25mg (12.55%), Vitamin C: 8.66mg (10.5%), Zinc: 1.18mg (7.89%), Vitamin B12: 0.43µg (7.12%), Iron: 1.26mg (6.99%), Folate: 27.2µg (6.8%), Manganese: 0.13mg (6.48%), Fiber: 1.61g (6.43%), Vitamin B5: 0.62mg (6.22%), Magnesium: 20.41mg (5.1%), Calcium: 40.92mg (4.09%), Vitamin E: 0.36mg (2.42%), Vitamin D: 0.25µg (1.64%)