



Hot Pot with Crab Wontons

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 carrots finely chopped
- ☐ 1 pound dungeness crabmeat for shells
- ☐ 2 dungeness crabs
- ☐ 1 egg white for brushing
- ☐ 1 handful cilantro leaves fresh
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 2 inch ginger fresh grated
- ☐ 2 inch ginger with the flat side of a knife peeled

- ☐ 1 green onion finely chopped
- ☐ 0.5 juice of lemon juiced
- ☐ 1 juice of lime juiced
- ☐ 2 tablespoons mayonnaise
- ☐ 2 tablespoons miso light
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1 chili fresh split red
- ☐ 6 servings sea salt and pepper black freshly ground
- ☐ 2 shallots finely chopped
- ☐ 2 shallots halved
- ☐ 10 ounces mushroom caps
- ☐ 12 ounce square wonton wrappers

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ mixing bowl
- ☐ pot

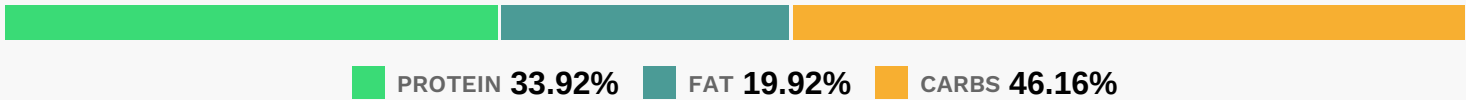
Directions

- ☐ Remove the claws from the crabs and quarter the bodies. In a large stockpot, add the oil, ginger, shallots, and chile for 2 minutes until fragrant. Then add the crabs and miso. Cover with 1 gallon of cold water and place over medium heat; simmer for 30 minutes. In the meantime, you can focus on assembling the wontons.
- ☐ Heat a skillet over medium flame and coat with the peanut oil; add the ginger, shallot, and carrot, saute for 2 minutes to soften.
- ☐ Put the lump crabmeat in a mixing bowl and scrape in the ginger mixture. Fold in the green onion, cilantro, mayonnaise, and lemon juice; season with salt and pepper. Be careful not to

mash the crabmeat, you want that texture when you bite into the wonton.

- ☐
- Lay a wonton wrapper on a flat surface and brush with the beaten egg white. Drop 1 tablespoon of the crab filling onto the center of the wrapper. Fold the wonton in half, corner to corner, to form a triangle. Press around the filling to knock out any air bubbles, then press the seam together to seal so the filling doesnt seep out.
- ☐
- Brush the 2 side points with beaten egg white.
- ☐
- Lay your index finger in the center so you have something to press up against, then fold the 2 sides into the center, slightly overlapping, and press the dough against your finger with your thumb to form a tight seal. Lightly dust the filled wontons with cornstarch to keep them from sticking together and place them on a cookie sheet. When these are folded they look like Pope hats.
- ☐
- When the wontons are all filled and folded, strain the soup broth to remove the solids and pour it into the hot pot. Bring the soup to a simmer. Toss in the shiitake mushrooms and the wontons; simmer for 15 minutes until the wontons are cooked.
- ☐
- Add the lime juice and cilantro; ladle into soup bowls and serve.

Nutrition Facts



Properties

Glycemic Index:75.47, Glycemic Load:2.6, Inflammation Score:-8, Nutrition Score:30.8382609357%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 381.16kcal (19.06%), Fat: 8.35g (12.85%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 43.55g (14.52%), Net Carbohydrates: 40.04g (14.56%), Sugar: 3.77g (4.19%), Cholesterol: 70.87mg (23.62%), Sodium: 1377.78mg (59.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32g (64%), Vitamin B12: 11.72µg (195.33%), Selenium: 68.17µg (97.38%), Copper: 1.28mg (64.16%), Zinc: 7.99mg (53.29%), Phosphorus: 392.81mg (39.28%), Vitamin B3: 7.74mg (38.71%), Manganese: 0.69mg (34.56%), Folate: 125.25µg (31.31%), Vitamin B2: 0.49mg (29.1%), Vitamin C: 22.9mg (27.75%), Vitamin B1: 0.39mg (25.94%), Vitamin B6: 0.48mg (23.9%), Magnesium: 94.77mg (23.69%), Vitamin A:

1081.35IU (21.63%), Potassium: 692.57mg (19.79%), Iron: 3.28mg (18.23%), Vitamin K: 17.96µg (17.1%), Fiber: 3.52g (14.07%), Vitamin B5: 1.32mg (13.18%), Calcium: 104.23mg (10.42%), Vitamin E: 0.67mg (4.47%), Vitamin D: 0.2µg (1.32%)