



 **84%**
HEALTH SCORE

How to Make Pork Wonton Soup

 Dairy Free  Very Healthy

READY IN



140 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 heads bok choy sliced
- 1 carrots thinly sliced
- 2 cups chicken broth
- 0.5 teaspoon cornstarch
- 1 eggs beaten
- 1 teaspoon ginger fresh minced
- 0.3 cup green onion light finely chopped (white and green parts)
- 0.8 pound ground pork

- 1 tablespoon rice wine
- 4 servings salt to taste
- 1 teaspoon sesame oil
- 1 tablespoon soya sauce
- 10 sugar snap peas sliced
- 1 cup water
- 1 teaspoon sugar white
- 25 wonton wrappers

Equipment

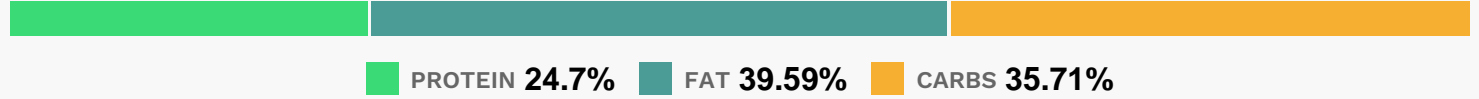
- bowl
- sauce pan
- whisk
- steamer basket

Directions

- Whisk rice wine and cornstarch together in large bowl.
- Add ground pork, 2 tablespoons green onion, soy sauce, ginger, sesame oil, and sugar; stir until well combined and paste-like, about 10 minutes. Cover and refrigerate for 1 hour.
- Place about 1 tablespoon pork mixture in the middle of a wonton wrapper.
- Brush edges with beaten egg and pinch edges to seal, creating a small pouch. Repeat with remaining wonton wrappers and pork mixture. Refrigerate until ready to use.
- Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil.
- Add bok choy, snap peas, carrot, and 2 tablespoons green onion, cover, and steam until tender, 2 to 6 minutes.
- Remove and distribute evenly among 4 soup bowls.
- Place wontons in steamer basket and steam until pork is no longer pink inside, about 10 minutes.
- Remove and place in soup bowls alongside vegetables.

- Heat chicken broth and water in a saucepan until hot, 5 to 7 minutes.
- Pour hot broth mixture evenly into soup bowls atop vegetables and wontons.
- Sprinkle 1/4 cup chopped green onion evenly over each bowl.

Nutrition Facts



Properties

Glycemic Index:44.73, Glycemic Load:1.32, Inflammation Score:-10, Nutrition Score:50.350434977075%

Flavonoids

Apigenin: 1.51mg, Apigenin: 1.51mg, Apigenin: 1.51mg, Apigenin: 1.51mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 27.4mg, Kaempferol: 27.4mg, Kaempferol: 27.4mg, Kaempferol: 27.4mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 13.68mg, Quercetin: 13.68mg, Quercetin: 13.68mg, Quercetin: 13.68mg

Nutrients (% of daily need)

Calories: 495.83kcal (24.79%), Fat: 22.34g (34.37%), Saturated Fat: 7.5g (46.86%), Carbohydrates: 45.33g (15.11%), Net Carbohydrates: 37.48g (13.63%), Sugar: 10.03g (11.15%), Cholesterol: 108.72mg (36.24%), Sodium: 1636.71mg (71.16%), Alcohol: 0.6g (100%), Alcohol %: 0.08% (100%), Protein: 31.37g (62.73%), Vitamin A: 30859.82IU (617.2%), Vitamin C: 287.7mg (348.72%), Vitamin K: 302.39µg (288%), Folate: 474.35µg (118.59%), Vitamin B6: 1.62mg (80.97%), Vitamin B1: 1.17mg (77.8%), Calcium: 719.98mg (72%), Manganese: 1.43mg (71.43%), Selenium: 41.31µg (59.02%), Potassium: 1990.13mg (56.86%), Vitamin B2: 0.96mg (56.51%), Vitamin B3: 10.03mg (50.13%), Phosphorus: 461.64mg (46.16%), Iron: 7.95mg (44.14%), Magnesium: 154.25mg (38.56%), Fiber: 7.85g (31.39%), Zinc: 3.72mg (24.81%), Copper: 0.3mg (14.82%), Vitamin B5: 1.4mg (13.96%), Vitamin B12: 0.73µg (12.1%), Vitamin E: 0.89mg (5.93%), Vitamin D: 0.22µg (1.47%)