



Japanese Potsticker Soup

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 1 cup carrots diced peeled (2 medium)
- ☐ 1 pound chicken gyoza frozen (see Notes)
- ☐ 6 cups chicken broth
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 cup peas fresh
- ☐ 3 slices ginger thick (each)
- ☐ 4 green onions thinly sliced

- ☐ 4 ounces mung bean sprouts
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons soya sauce

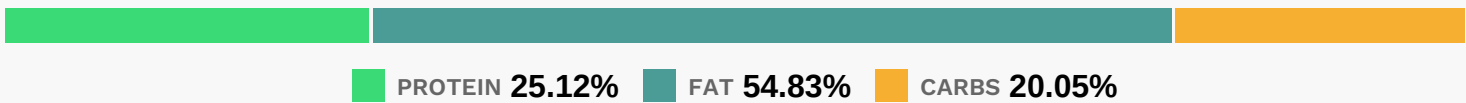
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Heat olive oil over medium heat in a medium pot.
- ☐ Add carrots and saut until beginning to soften, about 7 minutes. Season with pepper.
- ☐ Add broth and ginger to pot, raise heat to high, and bring to a boil.
- ☐ Add fresh peas, if using; cook 2 minutes.
- ☐ Add gyoza to broth and return to a boil. Stir in soy sauce.
- ☐ Cook gyoza until almost tender to the bite, 2 to 3 minutes (see Notes).
- ☐ Add frozen peas, if using; then cook 1 minute more.
- ☐ Remove ginger slices. Season soup to taste with pepper and stir in parsley. Ladle soup into shallow bowls, top with bean sprouts and green onions, and serve.

Nutrition Facts



Properties

Glycemic Index:36.19, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:14.54913021041%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 175.05kcal (8.75%), Fat: 10.85g (16.69%), Saturated Fat: 2.28g (14.25%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 6.27g (2.28%), Sugar: 4.49g (4.99%), Cholesterol: 31.92mg (10.64%), Sodium: 1251.74mg (54.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.18g (22.36%), Vitamin A: 4000.92IU (80.02%), Vitamin K: 56.99µg (54.28%), Vitamin C: 17.33mg (21%), Vitamin B3: 4.14mg (20.72%), Manganese: 0.34mg (17%), Vitamin B2: 0.27mg (15.72%), Phosphorus: 118.55mg (11.85%), Vitamin B6: 0.23mg (11.69%), Vitamin B1: 0.17mg (11.65%), Fiber: 2.66g (10.64%), Folate: 41.82µg (10.46%), Selenium: 6.84µg (9.78%), Potassium: 313.99mg (8.97%), Iron: 1.47mg (8.16%), Copper: 0.16mg (7.81%), Zinc: 1.14mg (7.63%), Vitamin E: 1.12mg (7.49%), Magnesium: 29.38mg (7.34%), Vitamin B5: 0.54mg (5.44%), Calcium: 38.38mg (3.84%), Vitamin B12: 0.16µg (2.66%)