



Pork Dumpling Soup

 Dairy Free

READY IN



50 min.

SERVINGS



5

CALORIES



220 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 servings garnish: cilantro sprigs
- ☐ 42 oz chicken broth fat-free low-sodium canned
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced
- ☐ 0.5 cup mushrooms fresh sliced
- ☐ 0.3 cup green onions sliced
- ☐ 0.5 pound ground pork lean
- ☐ 3 tablespoons hoisin sauce divided

☐ 15 won ton wrappers

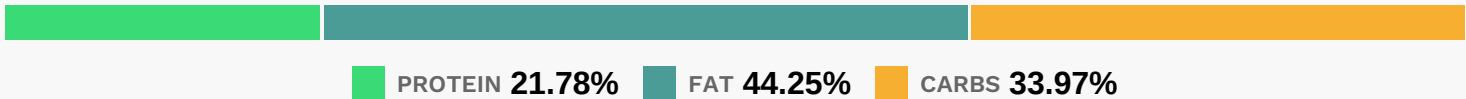
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Brown pork with ginger in a nonstick skillet over medium-high heat, stirring often, 5 minutes or until meat crumbles and is no longer pink.
- ☐ Combine pork mixture, cilantro, and 2 Tbsp. hoisin sauce in a medium bowl.
- ☐ Arrange 1 won ton wrapper on a clean, flat surface. (Cover remaining wrappers with a damp towel to prevent drying out.) Moisten edges of wrapper with water. Spoon about 1 Tbsp. pork mixture in center of wrapper; fold 2 opposite corners together over pork mixture, forming a triangle. Press edges together to seal. Cover with a damp cloth. Repeat procedure with remaining wrappers and pork mixture.
- ☐ Bring broth and remaining 1 Tbsp. hoisin sauce to a light boil in a Dutch oven over medium heat; gently stir in 8 dumplings. Cook 4 to 5 minutes or until dumplings float to top.
- ☐ Place dumplings in 5 individual serving bowls. Repeat procedure with remaining 7 dumplings.
- ☐ Add mushrooms and onions to simmering broth; cook 1 minute. Ladle 1 cup broth mixture over dumplings in bowls.
- ☐ Garnish, if desired.
- ☐ Serve immediately.
- ☐ Note: To freeze dumplings, assemble as directed, and place in a single layer in a large zip-top plastic freezer bag. Freeze up to 3 months. Cook as directed.

Nutrition Facts



Properties

Glycemic Index:28.6, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:10.231304290502%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 220.33kcal (11.02%), Fat: 10.73g (16.51%), Saturated Fat: 3.69g (23.08%), Carbohydrates: 18.54g (6.18%), Net Carbohydrates: 17.6g (6.4%), Sugar: 3.31g (3.68%), Cholesterol: 34.97mg (11.66%), Sodium: 1285.22mg (55.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.89g (23.77%), Selenium: 23.85µg (34.07%), Vitamin B1: 0.48mg (31.8%), Vitamin B3: 5.02mg (25.08%), Vitamin B2: 0.31mg (18.01%), Phosphorus: 138.19mg (13.82%), Vitamin B12: 0.8µg (13.37%), Vitamin B6: 0.24mg (11.78%), Vitamin K: 11.45µg (10.91%), Manganese: 0.22mg (10.79%), Iron: 1.72mg (9.57%), Zinc: 1.31mg (8.75%), Potassium: 283.41mg (8.1%), Folate: 31.4µg (7.85%), Vitamin B5: 0.75mg (7.53%), Copper: 0.15mg (7.48%), Magnesium: 20.36mg (5.09%), Fiber: 0.94g (3.75%), Calcium: 33.86mg (3.39%), Vitamin C: 1.66mg (2.01%), Vitamin A: 79.69IU (1.59%)