



Potsticker Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



147 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound baby bok choy rinsed
- ☐ 0.5 cup carrots shredded
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 1 tablespoon sesame oil toasted
- ☐ 1 tablespoon soya sauce

- ☐ 1 pounds vegetable potstickers frozen (20 to 25)
- ☐ 6 cups vegetable broth

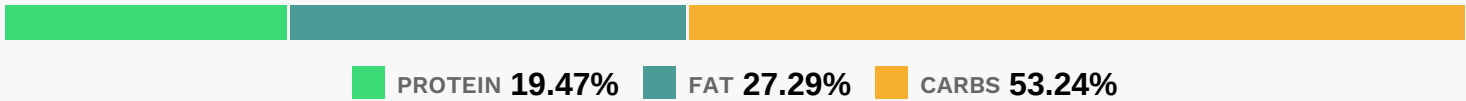
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Combine broth, vinegar, soy sauce, and garlic in a 5- to 6-quart pan; cover and bring to a boil over high heat.
- ☐ Add potstickers and return to a boil, then reduce heat and simmer, covered, for 4 minutes.
- ☐ Meanwhile, trim and discard ends from bok choy, then thinly slice crosswise.
- ☐ Add bok choy and carrot to soup and return to a simmer. Cook until potstickers are no longer pink in the center (cut to test) and dough is tender to bite, 2 to 4 minutes longer.
- ☐ Stir in green onions, cilantro, and sesame oil. Ladle soup into bowls.
- ☐ Wine pairing: Viognier's blend of sweet-seeming fruit, spice, and herbs is a good bridge to the soup. Dry Riesling is another great partner.

Nutrition Facts



Properties

Glycemic Index:62.71, Glycemic Load:5.61, Inflammation Score:-10, Nutrition Score:18.218260873919%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 147.04kcal (7.35%), Fat: 4.74g (7.29%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 20.79g (6.93%), Net Carbohydrates: 14.41g (5.24%), Sugar: 2.65g (2.95%), Cholesterol: 0mg (0%), Sodium: 1783.94mg (77.56%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.2%), Vitamin A: 13607.46IU (272.15%), Vitamin C: 65.68mg (79.61%), Fiber: 6.38g (25.5%), Manganese: 0.4mg (20.16%), Vitamin B3: 3.71mg (18.55%), Calcium: 181.25mg (18.13%), Vitamin K: 18.65µg (17.76%), Iron: 2.66mg (14.8%), Potassium: 431.93mg (12.34%), Vitamin B1: 0.18mg (12.17%), Phosphorus: 121.22mg (12.12%), Selenium: 8.3µg (11.85%), Vitamin B12: 0.68µg (11.35%), Vitamin B2: 0.19mg (11.31%), Folate: 44.81µg (11.2%), Vitamin B6: 0.21mg (10.58%), Copper: 0.2mg (9.79%), Magnesium: 36.31mg (9.08%), Vitamin B5: 0.67mg (6.73%), Zinc: 0.68mg (4.56%), Vitamin E: 0.22mg (1.43%)