

Quick Pot Sticker Soup

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



192 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 64 ounce chicken broth
- 2 cloves garlic minced
- 2 spring onion chopped
- 1 onion chopped
- 15 ounce pot stickers frozen (any filling)
- 12 ounce savory vegetable frozen
- 8 servings salt and pepper to taste
- 1 tablespoon sesame oil

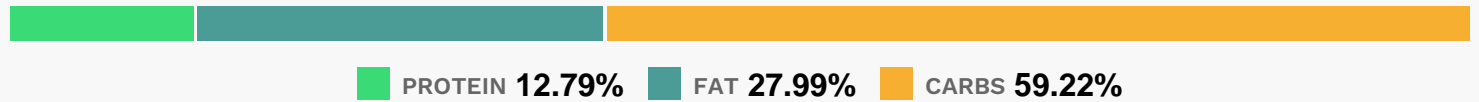
Equipment

pot

Directions

- Heat 1 tablespoon of sesame oil in a large pot over medium heat. Stir in the chopped onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- Pour in the chicken broth, green onions, and remaining sesame oil. Bring to a boil over high heat, and season to taste with salt and pepper.
- Reduce the heat to medium, and add the frozen pot stickers and stir-fry vegetables. Cook until the pot stickers float, about 8 minutes.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:2.21, Inflammation Score:-8, Nutrition Score:6.8634783133217%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 192.01kcal (9.6%), Fat: 6.27g (9.64%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 29.83g (9.94%), Net Carbohydrates: 26.38g (9.59%), Sugar: 4.01g (4.45%), Cholesterol: 6.91mg (2.3%), Sodium: 1303.14mg (56.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.89%), Vitamin A: 2194.17IU (43.88%), Vitamin C: 11.93mg (14.46%), Fiber: 3.45g (13.79%), Manganese: 0.24mg (12.18%), Vitamin B2: 0.18mg (10.41%), Iron: 1.51mg (8.37%), Vitamin B1: 0.11mg (7.27%), Vitamin K: 6.52µg (6.21%), Vitamin B3: 1.07mg (5.33%), Potassium: 162.38mg (4.64%), Calcium: 45.48mg (4.55%), Folate: 16.89µg (4.22%), Copper: 0.08mg (4.19%), Phosphorus: 40.41mg (4.04%), Magnesium: 14.64mg (3.66%), Vitamin B6: 0.07mg (3.42%), Zinc: 0.39mg (2.63%), Selenium: 1.27µg (1.82%), Vitamin B5: 0.11mg (1.13%)