



Shrimp Dumpling Soup



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



97 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small carrots peeled roughly chopped
- ☐ 1 celery stalks roughly chopped
- ☐ 1 piece ginger fresh peeled roughly chopped
- ☐ 6 cups chicken broth low-sodium
- ☐ 1 tablespoon soy sauce low-sodium
- ☐ 1 shrimp
- ☐ 8 ounces sugar snap peas trimmed
- ☐ 0.5 onion yellow roughly chopped

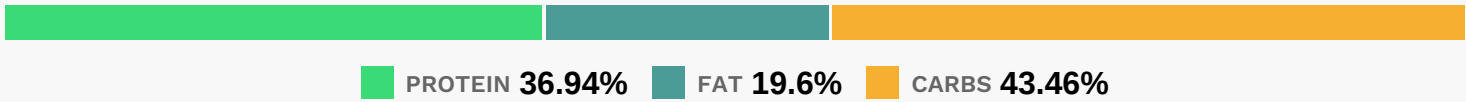
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ In a large pot, bring the broth, onion, ginger, carrot, celery, and soy sauce to a boil. Reduce heat, cover partially, and simmer for 20 minutes. Strain the broth; discard the solids. Return the broth to the pot and bring to a boil.
- ☐ Add a few of the dumplings, being careful not to crowd the pot. Simmer until the dumplings float on the surface and the shrimp inside turns pink (cut one in half to check), 3 to 4 minutes. Use a slotted spoon to transfer the dumplings to a plate; set aside. Repeat with the remaining dumplings.
- ☐ Add the peas and simmer until bright green, about 3 minutes. Return the cooked dumplings to the broth to warm. Ladle the soup into individual bowls.

Nutrition Facts



Properties

Glycemic Index:30.21, Glycemic Load:0.73, Inflammation Score:-9, Nutrition Score:11.962173741797%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 97.02kcal (4.85%), Fat: 2.32g (3.57%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 9.44g (3.43%), Sugar: 3.97g (4.41%), Cholesterol: 4.03mg (1.34%), Sodium: 265.65mg (11.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.84g (19.68%), Vitamin A: 2709.33IU (54.19%), Vitamin C:

35.89mg (43.51%), Vitamin B3: 5.39mg (26.95%), Phosphorus: 157.44mg (15.74%), Vitamin K: 16.17µg (15.4%), Potassium: 508.46mg (14.53%), Copper: 0.25mg (12.62%), Iron: 2.07mg (11.49%), Vitamin B2: 0.17mg (10.19%), Manganese: 0.2mg (9.84%), Fiber: 2.14g (8.55%), Vitamin B6: 0.17mg (8.49%), Folate: 31.11µg (7.78%), Vitamin B1: 0.1mg (6.79%), Magnesium: 24.52mg (6.13%), Vitamin B12: 0.35µg (5.9%), Vitamin B5: 0.5mg (4.95%), Calcium: 49.31mg (4.93%), Zinc: 0.63mg (4.22%), Vitamin E: 0.33mg (2.2%)