



Shrimp Won Tons with Shiitake Mushroom-Miso Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons sesame oil dark
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions minced
- ☐ 2 tablespoons green onions sliced (1-inch)
- ☐ 0.3 pound ground pork lean
- ☐ 1 tablespoon soya sauce low-sodium

- ☐ 20 gyoza skins
- ☐ 0.3 cup bell pepper red thinly sliced (1-inch)
- ☐ 3 tablespoons miso red (soybean paste)
- ☐ 2 teaspoons rice vinegar
- ☐ 1 cup shiitake mushroom caps thinly sliced (3 ounces mushrooms)
- ☐ 0.5 pound shrimp peeled finely chopped
- ☐ 1 teaspoon loose tea green
- ☐ 6 cups water boiling
- ☐ 0.1 teaspoon pepper white

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ whisk

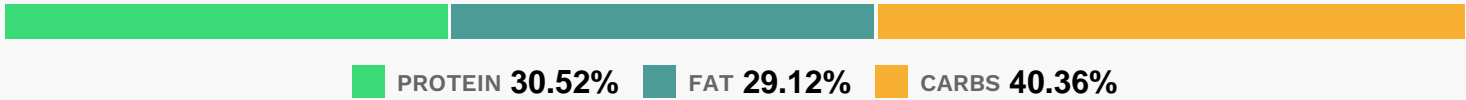
Directions

- ☐ To prepare broth, pour boiling water over tea bag in a large saucepan; steep 5 minutes.
- ☐ Remove and reserve tea bag. Bring tea mixture to a boil.
- ☐ Add miso, stirring with a whisk until blended.
- ☐ Add mushrooms; bring to a boil. Reduce heat, and simmer 5 minutes.
- ☐ Remove from heat; cover and set aside.
- ☐ To prepare filling, cut open reserved tea bag, and pour out loose tea; chop, if needed.
- ☐ Combine loose tea, minced onions, and next 8 ingredients (minced onions through garlic) in a medium bowl. Working with 1 won ton wrapper at a time (cover remaining wrappers with a damp towel to keep them from drying), spoon 1 tablespoon shrimp mixture on half of each wrapper. Moisten edges of wrapper with water; bring 2 opposite corners together. Pinch edges together to seal, forming a triangle.
- ☐ Bring reserved tea mixture to a boil; add won tons, gently stir, and cook 4 minutes or until won tons float to the top. Ladle 5 won tons and 1 cup broth into each of 4 bowls. Divide bell

pepper and onion slices evenly among bowls.

- ☐ Serve immediately.
- ☐ Note: Ground turkey may be substituted for the ground pork.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:2.78, Inflammation Score:-6, Nutrition Score:16.802174101705%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 306.01kcal (15.3%), Fat: 9.98g (15.35%), Saturated Fat: 2.82g (17.6%), Carbohydrates: 31.12g (10.37%), Net Carbohydrates: 27.76g (10.09%), Sugar: 2.84g (3.16%), Cholesterol: 115.07mg (38.36%), Sodium: 942.88mg (40.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.54g (47.07%), Selenium: 21.99µg (31.42%), Phosphorus: 300.97mg (30.1%), Vitamin B1: 0.44mg (29.28%), Vitamin B3: 5.78mg (28.92%), Manganese: 0.58mg (28.86%), Vitamin K: 27.95µg (26.62%), Copper: 0.5mg (25.03%), Vitamin B2: 0.39mg (22.9%), Vitamin B6: 0.37mg (18.57%), Zinc: 2.71mg (18.1%), Vitamin C: 14.78mg (17.92%), Potassium: 535.6mg (15.3%), Magnesium: 60.73mg (15.18%), Iron: 2.66mg (14.76%), Folate: 56.89µg (14.22%), Fiber: 3.36g (13.45%), Vitamin B5: 1.15mg (11.51%), Calcium: 90.13mg (9.01%), Vitamin A: 423.03IU (8.46%), Vitamin B12: 0.22µg (3.6%), Vitamin E: 0.26mg (1.73%), Vitamin D: 0.23µg (1.51%)