



Shrimp Wonton Dumpling Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



142 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bok choy finely chopped
- ☐ 0.8 teaspoon sesame oil dark
- ☐ 0.3 cup bean sprouts fresh finely chopped
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons green onions sliced
- ☐ 6 cups less-sodium chicken broth fat free
- ☐ 5 small mushrooms sliced

- ☐ 0.8 pound shrimp unpeeled
- ☐ 20 snow peas
- ☐ 12 won ton wrappers

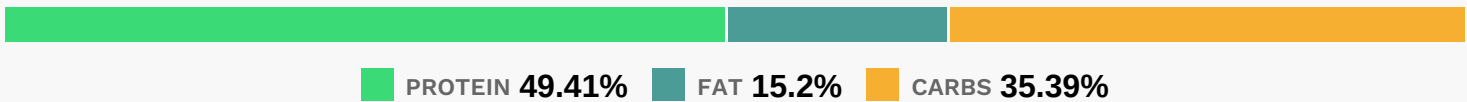
Equipment

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

Directions

- ☐ Peel and devein shrimp; reserve shells. Rinse and drain shells; place in a Dutch oven.
- ☐ Add chicken broth. Bring to a boil; reduce heat, and simmer, uncovered, 10 minutes. Strain broth mixture through a sieve over a bowl; discard solids. Return broth to pan.
- ☐ Stir together bok choy and next 4 ingredients. Working with 1 wrapper at a time (cover remaining wrappers with a damp towel to keep them from drying), 1 tablespoon of bok choy mixture into center of each wrapper. Moisten edges of wrapper with water; bring 2 opposite corners to center, pinching points to seal. Bring remaining 2 corners to center, pinching points to seal. Pinch 4 edges together to seal.spoon about
- ☐ Add shrimp, snow peas, and mushrooms to pan; bring to a boil. Reduce heat to simmer; gently drop dumplings into pan, 2 at a time. Cook 3 to 4 minutes, or until dumplings are done.
- ☐ Gently ladle soup into bowls; sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:8.0191304819739%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 142.3kcal (7.11%), Fat: 2.5g (3.85%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 12.41g (4.51%), Sugar: 0.94g (1.05%), Cholesterol: 92.64mg (30.88%), Sodium: 229.41mg (9.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.29g (36.57%), Vitamin B3: 4.46mg (22.29%), Phosphorus: 220.58mg (22.06%), Copper: 0.41mg (20.43%), Potassium: 434.33mg (12.41%), Vitamin K: 11.21µg (10.68%), Vitamin B2: 0.18mg (10.4%), Iron: 1.56mg (8.65%), Manganese: 0.17mg (8.35%), Zinc: 1.21mg (8.06%), Vitamin C: 6.28mg (7.61%), Selenium: 5.25µg (7.5%), Magnesium: 29.91mg (7.48%), Vitamin B1: 0.1mg (6.63%), Vitamin A: 329.88IU (6.6%), Calcium: 65.23mg (6.52%), Folate: 24.23µg (6.06%), Vitamin B12: 0.24µg (4.04%), Vitamin B6: 0.07mg (3.63%), Fiber: 0.69g (2.75%), Vitamin B5: 0.18mg (1.85%)