



WHATSheATE



Shrimp Wonton Soup



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



876 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 chicken carcass
- ☐ 4 servings fish sauce to taste
- ☐ 1 teaspoon garlic grated
- ☐ 1 inch ginger
- ☐ 2 green onions sliced
- ☐ 6 cups ham broth
- ☐ 1 ham bone

- ☐ 2 stalks lemongrass crushed peeled
- ☐ 2 teaspoons oyster sauce
- ☐ 2 pounds pork bones
- ☐ 0.5 teaspoon sesame oil
- ☐ 1 teaspoon rice wine dry
- ☐ 1 ounce shrimp dried
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 teaspoon soya sauce
- ☐ 0.5 teaspoon pepper white
- ☐ 4 servings wonton wrappers

Equipment


- ☐ bowl
- ☐ pot

Directions

- ☐ Mix the baking soda into some cold water, place the shrimp in it and refrigerate overnight. Bring the broth, shrimp shells, lemongrass, ginger and green onions to a boil, reduce the heat and simmer, covered, for 10 minutes before straining out the solids and seasoning with fish sauce to taste. Coarsely chop the shrimp, mix it into the garlic, ginger, oyster sauce, sesame oil, shaoxing wine and white pepper.
- ☐ Place 2 teaspoons of the mixture into the centre of a wonton wrapper, wet the outside edge of the wrapper with water, fold one corner over forming a triangle, seal and pull the two opposite corners along the fold back together and repeat for remaining filling. Bring a pot of water to boil, add the wontons and simmer until they float to the top. Divide the wontons between bowls and top with the broth and garnish with green onions. Blanch the bones by covering them in water and bringing them to a boil for 5 minutes, discard the water.
- ☐ Place everything into the pot, cover with 12 cups of water, bring to a boil, reduce the heat and simmer, covered, for 2+ hours before straining the solids.

Nutrition Facts



 **PROTEIN 24.8%**  **FAT 33.19%**  **CARBS 42.01%**

Properties

Glycemic Index:33.5, Glycemic Load:34.25, Inflammation Score:-6, Nutrition Score:28.022174171779%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 876.49kcal (43.82%), Fat: 31.74g (48.83%), Saturated Fat: 8.66g (54.12%), Carbohydrates: 90.38g (30.13%), Net Carbohydrates: 86.44g (31.43%), Sugar: 4.78g (5.31%), Cholesterol: 152.82mg (50.94%), Sodium: 1982mg (86.17%), Alcohol: 0.2g (100%), Alcohol %: 0.03% (100%), Protein: 53.36g (106.72%), Selenium: 101.25µg (144.65%), Manganese: 1.68mg (84.23%), Vitamin B3: 15.97mg (79.83%), Phosphorus: 523.91mg (52.39%), Vitamin B6: 0.86mg (42.87%), Vitamin B2: 0.53mg (31.27%), Zinc: 4.57mg (30.45%), Magnesium: 111.32mg (27.83%), Copper: 0.51mg (25.7%), Iron: 4.3mg (23.87%), Vitamin B5: 2.28mg (22.77%), Potassium: 766.31mg (21.89%), Vitamin B1: 0.31mg (20.47%), Fiber: 3.94g (15.76%), Vitamin K: 15.47µg (14.74%), Vitamin B12: 0.68µg (11.3%), Folate: 43.63µg (10.91%), Calcium: 73.58mg (7.36%), Vitamin A: 334.26IU (6.69%), Vitamin E: 0.88mg (5.88%), Vitamin C: 4.75mg (5.76%), Vitamin D: 0.38µg (2.54%)