



## Thai Dumpling Soup

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 stalks celery sliced
- 1 cup coconut milk
- 1 tablespoon curry powder
- 1 tablespoon fish sauce plus more to taste
- 4 ounces green beans roughly chopped
- 1 juice of lime for serving
- 4 servings kosher salt
- 4 cups chicken broth low-sodium

- 1 pound pot stickers frozen asian-style
- 1 bell pepper red chopped
- 4 servings scallions sliced for topping
- 4 ounces mushroom caps sliced
- 1 tablespoon vegetable oil

## Equipment

- pot

## Directions

- Heat the vegetable oil in a large pot over medium-high heat.
- Add the celery, mushrooms and curry powder; cook, stirring, until the curry powder is toasted, 1 to 2 minutes.
- Add the chicken broth, coconut milk, 1 tablespoon fish sauce and 1 cup water and bring to a simmer.
- Add the green beans and bell pepper to the pot, reduce the heat to medium low and simmer until the vegetables are crisp-tender, about 3 minutes.
- Add the dumplings and cook until tender, about 4 minutes. Stir in the lime juice. Season the soup with salt and add more fish sauce to taste, if desired. Top with sliced scallions and serve with lime wedges.
- Photograph by Antonis Achilleos

## Nutrition Facts



**PROTEIN 11.55%** **FAT 43.76%** **CARBS 44.69%**

## Properties

Glycemic Index:69, Glycemic Load:3.1, Inflammation Score:-8, Nutrition Score:18.136086837105%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.53mg,

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

## **Nutrients (% of daily need)**

Calories: 493.1kcal (24.65%), Fat: 25.53g (39.28%), Saturated Fat: 13.22g (82.6%), Carbohydrates: 58.67g (19.56%), Net Carbohydrates: 52.37g (19.05%), Sugar: 9.09g (10.1%), Cholesterol: 5.06mg (1.69%), Sodium: 1183mg (51.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.16g (30.33%), Vitamin C: 58.75mg (71.21%), Vitamin K: 42.65µg (40.62%), Manganese: 0.71mg (35.54%), Iron: 5.36mg (29.77%), Vitamin B3: 5.49mg (27.43%), Vitamin A: 1340.68IU (26.81%), Fiber: 6.29g (25.16%), Potassium: 675.51mg (19.3%), Phosphorus: 191.32mg (19.13%), Copper: 0.34mg (17.17%), Vitamin B6: 0.31mg (15.64%), Magnesium: 61.47mg (15.37%), Folate: 54.63µg (13.66%), Vitamin B2: 0.22mg (12.76%), Calcium: 99.83mg (9.98%), Vitamin E: 1.32mg (8.83%), Vitamin B5: 0.76mg (7.63%), Zinc: 1.13mg (7.5%), Vitamin B1: 0.07mg (4.79%), Vitamin B12: 0.26µg (4.29%), Selenium: 2.65µg (3.78%)