



Weeknight Wonton Soup



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



53 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon five-spice powder chinese
- ☐ 5 ounce baby spinach leaves fresh
- ☐ 1 cup beef broth
- ☐ 4 ounce water chestnuts drained chopped canned
- ☐ 4 cups chicken broth
- ☐ 3 green onions chopped (tops included)
- ☐ 4 servings salt to taste

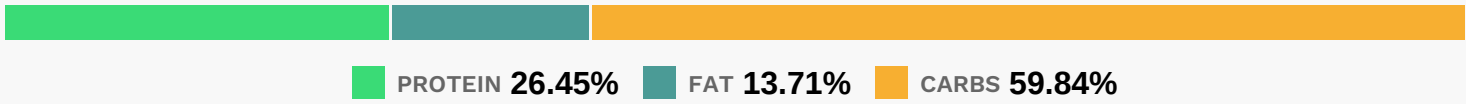
Equipment

☐ sauce pan

Directions

- ☐ Pour the chicken and beef broths into a large saucepan and bring to a boil over high heat.
- ☐ Add the water chestnuts, green onions, and frozen wontons and cook until the wontons are cooked through and floating, 2 to 3 minutes.
- ☐ Remove from the heat and stir in the fresh spinach. Cover the soup and let the spinach steam and soften in the hot soup for 2 minutes.
- ☐ Season with Chinese five spice, salt, and cayenne pepper.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.31, Inflammation Score:-9, Nutrition Score:14.630434637484%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 53.13kcal (2.66%), Fat: 0.89g (1.36%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 8.7g (2.9%), Net Carbohydrates: 6.51g (2.37%), Sugar: 2.46g (2.73%), Cholesterol: 4.7mg (1.57%), Sodium: 1321.76mg (57.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Vitamin K: 189.88µg (180.83%), Vitamin A: 3418.9IU (68.38%), Manganese: 0.5mg (25.2%), Folate: 78.31µg (19.58%), Vitamin C: 12.32mg (14.94%), Vitamin B2: 0.24mg (13.98%), Iron: 1.93mg (10.73%), Potassium: 356.69mg (10.19%), Magnesium: 36.47mg (9.12%), Fiber: 2.19g (8.77%), Vitamin B6: 0.15mg (7.71%), Vitamin B3: 1.46mg (7.31%), Vitamin E: 1.08mg (7.23%), Copper: 0.14mg (6.89%), Vitamin B1: 0.09mg (5.98%), Calcium: 59.61mg (5.96%), Phosphorus: 48.6mg (4.86%), Zinc: 0.58mg (3.88%), Selenium: 2.11µg (3.01%), Vitamin B12: 0.09µg (1.48%), Vitamin B5: 0.13mg (1.3%)