

# Won Ton Soup

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



106 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 teaspoon pepper black
- 14.5 ounce canned tomatoes diced drained canned
- 0.3 cup carrots diced
- 2 teaspoons cornstarch
- 48 ounce less-sodium chicken broth fat-free canned
- 1 teaspoon ginger fresh minced peeled
- 2 garlic cloves peeled
- 0.3 cup green onions chopped

- 2 tablespoons green onions chopped
- 4 ounces pd of ground turkey
- 1 tablespoon hoisin sauce
- 2 teaspoons soya sauce low-sodium
- 2 teaspoons olive oil
- 2 tablespoons rice vinegar
- 0.3 teaspoon salt
- 2 cups pkt spinach sliced
- 3 cups water
- 16 won ton wrappers

## Equipment

- food processor
- bowl
- baking sheet
- dutch oven

## Directions

- To prepare won tons, place first 5 ingredients in a food processor. Process until well-combined, scraping the sides of bowl once. Working with 1 won ton wrapper at a time (cover the remaining wrappers with a damp towel to keep them from drying), spoon about 1 tablespoon turkey mixture into center of each wrapper. Moisten edges of dough with water; bring 2 opposite corners to center, pinching points to seal. Bring the remaining 2 corners to center, pinching points to seal. Pinch 4 edges together to seal.
- Place the dumplings on a large baking sheet sprinkled with cornstarch (cover with a damp towel to keep them from drying).
- To prepare soup, heat oil in a Dutch oven over medium-high heat until hot.
- Add carrot and 1/4 cup green onions, and saut for 3 minutes or until tender.
- Add water and the next 5 ingredients (water through broth), and bring to a boil.
- Add won tons; reduce heat, and simmer for 6 minutes. Stir in spinach and tomatoes.

Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:38.48, Glycemic Load:1.37, Inflammation Score:-8, Nutrition Score:11.52347827476%

### Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

### Nutrients (% of daily need)

Calories: 105.67kcal (5.28%), Fat: 2.06g (3.17%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 13.66g (4.97%), Sugar: 3.41g (3.79%), Cholesterol: 9.21mg (3.07%), Sodium: 1020.8mg (44.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.3%), Vitamin K: 49.78µg (47.41%), Vitamin A: 1534.27IU (30.69%), Vitamin B3: 3.93mg (19.65%), Selenium: 11.71µg (16.73%), Manganese: 0.32mg (16.19%), Vitamin B6: 0.26mg (13.15%), Folate: 41.76µg (10.44%), Iron: 1.87mg (10.39%), Vitamin B1: 0.15mg (10.02%), Vitamin C: 8.19mg (9.93%), Copper: 0.19mg (9.68%), Potassium: 334.89mg (9.57%), Vitamin B2: 0.16mg (9.56%), Phosphorus: 90.66mg (9.07%), Magnesium: 29.11mg (7.28%), Fiber: 1.75g (7%), Vitamin B12: 0.42µg (6.92%), Vitamin E: 1.01mg (6.75%), Vitamin B5: 0.51mg (5.06%), Calcium: 49.48mg (4.95%), Zinc: 0.63mg (4.22%)