



Wonton Soup

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cabbage shredded
- 6 cups chicken broth reduced-sodium
- 0.3 cup scallions chopped
- 1 tablespoon sesame oil
- 0.5 cup fatty pork diced shredded cooked
- 1 tablespoon soya sauce
- 16 wonton wrappers

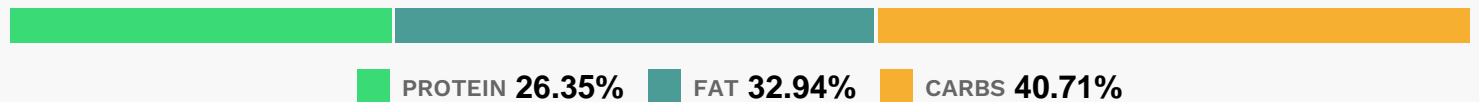
Equipment

- food processor
- frying pan
- sauce pan

Directions

- Watch how to make this recipe.
- Place broth and cabbage in a large saucepan and set pan over medium-high heat. Bring to a simmer.
- Meanwhile, in a food processor, combine pork, soy sauce and sesame oil. Pulse 3 or 4 times until the pork is finely minced but not a paste.
- Arrange 16 wonton wrappers on a flat surface. Spoon filling onto the center of each wrapper, to within 1/4-inch of the edges (about 1 teaspoon per wrapper). Wet your fingers with water and pull up corners of the wontons to create individual "purses". Pinch the edges together (with wet fingers) to seal.
- Place stuffed wontons in simmering broth. Cook 5 minutes, until wontons are tender and translucent.
- Remove from heat and stir in scallions.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:10.943913174712%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 222.77kcal (11.14%), Fat: 8.39g (12.91%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 23.34g (7.78%), Net Carbohydrates: 22.17g (8.06%), Sugar: 1.24g (1.38%), Cholesterol: 17.89mg (5.96%), Sodium: 545.98mg (23.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.11g (30.21%), Vitamin B3: 7.45mg (37.24%), Vitamin K: 26.71µg (25.44%), Selenium: 14.9µg (21.28%), Vitamin B1: 0.28mg (18.56%), Phosphorus: 180.51mg (18.05%), Vitamin B2:

0.3mg (17.7%), Copper: 0.26mg (13.01%), Manganese: 0.26mg (12.81%), Iron: 2.29mg (12.7%), Potassium: 443.97mg (12.68%), Folate: 38.98µg (9.74%), Vitamin C: 7.68mg (9.31%), Zinc: 1.34mg (8.96%), Vitamin B12: 0.51µg (8.42%), Vitamin B6: 0.13mg (6.62%), Fiber: 1.18g (4.7%), Magnesium: 18.07mg (4.52%), Calcium: 43.7mg (4.37%), Vitamin B5: 0.18mg (1.76%), Vitamin A: 84.84IU (1.7%), Vitamin D: 0.17µg (1.13%), Vitamin E: 0.15mg (1.01%)