



Wonton Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 0.8 cup dark-meat chicken boneless skinless cooked ()
- ☐ 8 cups chicken stock see white
- ☐ 2 teaspoons cornstarch
- ☐ 0.8 teaspoon sesame oil dark
- ☐ 1 large egg white lightly beaten
- ☐ 0.8 teaspoon ginger fresh peeled chopped
- ☐ 2 garlic cloves chopped

- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 teaspoon salt divided
- ☐ 4 cups spinach leaves
- ☐ 40 wonton wrappers

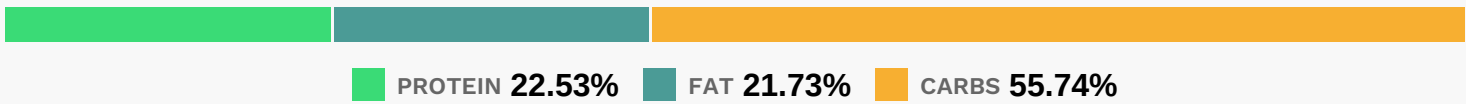
Equipment

- ☐ food processor
- ☐ baking sheet

Directions

- ☐ Place first 7 ingredients in a food processor; add 1/2 teaspoon salt. Pulse until coarsely chopped.
- ☐ Working with 1 wonton wrapper at a time (cover remaining wrappers with a damp towel to prevent drying), spoon about 1 teaspoon chicken mixture into center of each wrapper. Moisten edges of wrapper with egg white; bring 2 opposite corners to center, pinching points to seal. Bring remaining 2 corners to center, pinching points to seal. Pinch 4 edges together to seal.
- ☐ Place wonton on a baking sheet sprinkled with cornstarch. Repeat procedure with remaining wrappers, chicken mixture, and egg white. Refrigerate 20 minutes.
- ☐ Bring stock to a simmer over medium heat; add 1/2 teaspoon salt.
- ☐ Add wontons; cook 4 minutes or until wontons float to the top, stirring gently.
- ☐ Sprinkle with crushed red pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.22, Inflammation Score:-9, Nutrition Score:19.498260842717%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin:

0.09mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 309.33kcal (15.47%), Fat: 7.33g (11.27%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 42.31g (14.1%), Net Carbohydrates: 40.85g (14.85%), Sugar: 5.21g (5.79%), Cholesterol: 24.69mg (8.23%), Sodium: 1262.31mg (54.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.1g (34.2%), Vitamin K: 97.95µg (93.28%), Vitamin B3: 8.92mg (44.61%), Vitamin A: 1913.23IU (38.26%), Selenium: 24.66µg (35.23%), Vitamin B2: 0.55mg (32.23%), Manganese: 0.56mg (28.18%), Vitamin B1: 0.4mg (26.61%), Folate: 100.14µg (25.04%), Iron: 3.11mg (17.28%), Phosphorus: 164.81mg (16.48%), Vitamin B6: 0.32mg (15.84%), Potassium: 542.12mg (15.49%), Copper: 0.29mg (14.46%), Magnesium: 44.69mg (11.17%), Vitamin C: 6.81mg (8.26%), Zinc: 1.13mg (7.56%), Calcium: 58.85mg (5.88%), Fiber: 1.45g (5.82%), Vitamin E: 0.57mg (3.78%), Vitamin B5: 0.18mg (1.83%)