



Wonton Soup With Spinach and Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



107 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings wonton soup
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 1 cup pkt spinach washed

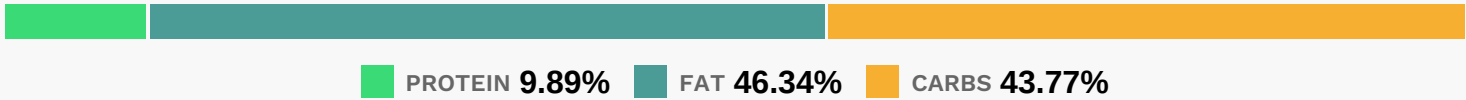
Equipment

- ☐ bowl

Directions

- ☐ Drop 1 cup of washed spinach in each of 4 bowls.
- ☐ Pour hot wonton soup over the greens.
- ☐ Add 1 tablespoon grated Parmesan and let it melt on top.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:4.6073913979142%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 107.43kcal (5.37%), Fat: 5.38g (8.27%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 10.27g (3.73%), Sugar: 2.03g (2.25%), Cholesterol: 6.05mg (2.02%), Sodium: 677.56mg (29.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Vitamin K: 36.25µg (34.52%), Vitamin A: 1213.81IU (24.28%), Potassium: 604.63mg (17.28%), Calcium: 58.15mg (5.82%), Fiber: 1.16g (4.63%), Folate: 14.63µg (3.66%), Manganese: 0.07mg (3.42%), Vitamin C: 2.11mg (2.55%), Magnesium: 6.36mg (1.59%), Iron: 0.21mg (1.16%), Phosphorus: 11.6mg (1.16%), Vitamin B2: 0.02mg (1.09%), Vitamin E: 0.16mg (1.06%)