



Wontons for Wonton Noodle Soup

 Dairy Free

READY IN



130 min.

SERVINGS



100

CALORIES



40 kcal

SOUP

Ingredients

- 3 tablespoons dashi granules dried (fish flakes)
- 1 eggs
- 3 green onions finely chopped
- 1 pound ground pork lean
- 1.5 teaspoons salt
- 5 mushroom caps dried black hot chopped
- 1 pound shrimp deveined peeled coarsely chopped
- 2 tablespoons soya sauce

- 28 ounce square wonton wrappers

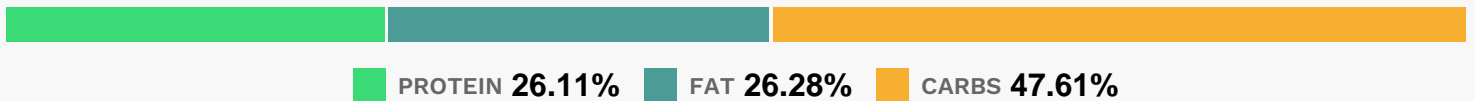
Equipment

- bowl
- baking sheet
- paper towels

Directions

- Strain mushroom soaking liquid completely. Pat dry with paper towel, and chop.
- Place pork, shrimp, mushrooms, green onion, egg, soy sauce, salt, and dashi (if using) together in a large bowl.
- Mix thoroughly until all ingredients are completely incorporated.
- Have a bowl of luke-warm water available for dipping. If you are right-handed, place wonton wrapper in a triangle position on your left palm.
- Place a small amount of filling (about a heaping teaspoon or more) near the lower corner of wonton wrapper. Fold that corner over filling toward the opposite corner about half way, making sure the filling is securely enclosed.
- Dip finger into a bowl of water and dab left corner of wrapper with water. Fold left and right corners toward you (away from the top corner), resulting in the shape of a nurse's hat.
- Place wontons on cookie sheets while you work, keeping them covered with a damp towel to prevent drying out. Wontons may be carefully stored in plastic freezer bags and frozen for future use.

Nutrition Facts



Properties

Glycemic Index:0.47, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.5369565287686%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 40.06kcal (2%), Fat: 1.15g (1.77%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 4.52g (1.65%), Sugar: 0.02g (0.02%), Cholesterol: 12.92mg (4.31%), Sodium: 110.43mg (4.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Selenium: 3.52µg (5.03%), Vitamin B1: 0.08mg (5.01%), Vitamin B3: 0.66mg (3.28%), Manganese: 0.06mg (2.79%), Vitamin B2: 0.04mg (2.6%), Phosphorus: 25.83mg (2.58%), Iron: 0.35mg (1.97%), Folate: 7.65µg (1.91%), Copper: 0.04mg (1.77%), Zinc: 0.23mg (1.53%), Vitamin B6: 0.02mg (1.1%), Magnesium: 4.38mg (1.09%)