

# The Wonton and Wonton Soup

Yield: 20 min  
Total Time: 210 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-bone-soup-recipe>

## Ingredients:

- 7/8 pound pork 80% lean, 20% fat
- 7/8 pound shrimp
- 1/2 teaspoon baking soda
- 1/2 stalk leek chopped, optional ??, or substitute with scallion
- 1 teaspoon flounder powder
- 1 teaspoon shrimps pound into powder
- 1 teaspoon ground white pepper
- 1 tablespoon cornflour
- 1/3 egg
- 2 teaspoons salt
- 3/4 tablespoon sugar
- 4 teaspoons light soy sauce
- 1 packet wonton wrapper
- 1 2/3 pounds pork bone
- 1 1/16 ounces flounder
- 5 1/4 ounces shrimp shells cleaned
- 3/4 ounce shrimps
- 5 tablespoons ginger sliced
- 2 stalks scallions
- 4 teaspoons salt
- 1 teaspoon ground white pepper
- 8 7/16 cups water

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 60 milligrams
4. Fat: 2 grams
5. Protein: 11 grams

6. Sodium: 860 milligrams

7. Sugar: 1 grams

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