

BBQ Pot Stickers

 Dairy Free

READY IN



40 min.

SERVINGS



25

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons neely's bbq sauce
- 25 servings canola oil for frying
- 1 cup chicken stock see
- 2 cloves garlic finely chopped
- 0.3 cup green onions finely chopped
- 0.5 pound ground pork
- 1 Dash hot sauce
- 25 servings kosher salt and pepper black freshly ground

- 3.8 tablespoons onion powder
- 1.5 cups paprika
- 0.8 cup sugar
- 25 small square wonton wrappers
- 1 Dash worcestershire sauce
- 1 teaspoon mustard yellow

Equipment

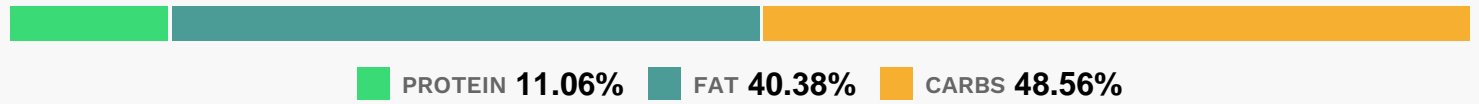
- bowl
- frying pan
- paper towels
- ramekin
- wooden spoon

Directions

- Watch how to make this recipe.
- In a medium bowl, add the ground pork, green onions, garlic, BBQ sauce, BBQ seasoning, mustard, Worcestershire, hot sauce, salt and pepper.
- Mix together with a wooden spoon until incorporated
- Lay 3 wonton wrappers at a time out on your work surface. Cover the others with a damp paper towel to keep them from drying out. Dip your finger in a small ramekin of water and brush the edges of the wrapper lightly with water. Drop a teaspoon of the filling into the center of the wonton, add a drop of BBQ sauce, approximately a teaspoon, on top of the filling. Bring 2 opposite points together and seal, then bring the next 2 points together and pleat the top, making a little purse. As you go, set the filled dumplings on a sheet tray and cover with another damp paper towel. Repeat until all the filling is used.
- Heat a large skillet over medium heat.
- Add just enough canola oil to cover the bottom of the pan. Once hot, add the dumplings to the pan. Make sure they are not touching or crowded together.
- Let the dumplings cook, for 2 minutes.

- Add 1/3 cup of the chicken stock and cover. Reduce the heat to low, and allow the dumplings to finish cooking by steaming, another 2 to 3 minutes. Once done, gently remove the dumplings from the pan.
- Repeat with the remaining dumplings.
- Transfer to a serving platter and serve.
- Mix all the ingredients together and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:8.44, Glycemic Load:4.42, Inflammation Score:-9, Nutrition Score:8.4760870285656%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 122.34kcal (6.12%), Fat: 5.84g (8.98%), Saturated Fat: 1.1g (6.97%), Carbohydrates: 15.79g (5.26%), Net Carbohydrates: 13.16g (4.79%), Sugar: 7.38g (8.2%), Cholesterol: 7.49mg (2.5%), Sodium: 84.41mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Vitamin A: 3207.49IU (64.15%), Vitamin E: 2.4mg (16%), Fiber: 2.63g (10.53%), Iron: 1.81mg (10.05%), Vitamin B6: 0.19mg (9.71%), Manganese: 0.19mg (9.33%), Vitamin B1: 0.14mg (9.12%), Vitamin K: 9.53µg (9.07%), Vitamin B2: 0.14mg (8.34%), Vitamin B3: 1.63mg (8.13%), Selenium: 5.28µg (7.55%), Potassium: 209.4mg (5.98%), Phosphorus: 49.69mg (4.97%), Magnesium: 17.04mg (4.26%), Zinc: 0.6mg (4.01%), Copper: 0.08mg (3.86%), Folate: 11.94µg (2.99%), Calcium: 26.24mg (2.62%), Vitamin B5: 0.24mg (2.39%), Vitamin B12: 0.06µg (1.08%)