



Buddha's Delight Dumplings with Ginger-Chive Ponzu



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce asian stir-fry vegetables frozen (recommended: Birds Eye)
- ☐ 1 tablespoon cornstarch
- ☐ 2 egg whites lightly beaten for brushing
- ☐ 1 tablespoon chives fresh chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1 teaspoon garlic crushed (recommended: Christopher Ranch)

- ☐ 2 teaspoons ginger minced (recommended: Christopher Ranch)
- ☐ 1 cup citrus ponzu sauce (recommended: Kikkoman)
- ☐ 10 ounce round gyoza wrappers (recommended: Dynasty)
- ☐ 2 tablespoons sesame oil toasted (recommended: Dynasty)
- ☐ 2 tablespoons water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ pot
- ☐ microwave

Directions

- ☐ Special equipment: Bamboo steamer
- ☐ Cover stir-fry vegetables in a microwave-safe bowl with 2 tablespoons water. Cook on HIGH for 6 to 8 minutes.
- ☐ Drain and set aside.
- ☐ Heat sesame oil in a large skillet.
- ☐ Add mushrooms and saute for 2 minutes.
- ☐ Add stir-fry vegetables, garlic, and cilantro.
- ☐ Saute for 2 to 3 minutes. Set aside to cool.
- ☐ Squeeze out excess moisture from cooled vegetable mixture and place in food processor.
- ☐ Add two egg whites and cornstarch. Pulse until mixture is finely chopped and holds together.
- ☐ Working in batches, lay out 6 to 8 gyoza wrappers. Lightly brush with the remaining 1 egg white and spoon 1 tablespoon of vegetable mixture in the center of each. Fold in half and press together to seal edges. Stand dumplings seam-side up by tapping on countertop. Repeat with remaining wrappers and filling. Line bamboo steamer with a piece of parchment paper that has been cut to fit. Spray parchment lightly with cooking spray. Put 10 to 12

dumplings in steamer at a time.

- ☐
- Place steamer over medium pot of boiling water. Steam for 10 to 12 minutes.
- ☐
- In a small bowl, stir together all ponzu ingredients.
- ☐
- Serve steamed dumplings hot with ponzu dipping sauce.

PROTEIN 32.41%FAT 35.01%CARBS 32.58%

Properties

Glycemic Index:6.63, Glycemic Load:0.71, Inflammation Score:-5, Nutrition Score:3.0478260944719%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 37.81kcal (1.89%), Fat: 1.5g (2.3%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 2.44g (0.89%), Sugar: 0.17g (0.19%), Cholesterol: 5.95mg (1.98%), Sodium: 195.17mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.23%), Vitamin A: 784.14IU (15.68%), Vitamin B3: 1.12mg (5.6%), Selenium: 3.89µg (5.56%), Vitamin B6: 0.09mg (4.36%), Vitamin B2: 0.07mg (4%), Phosphorus: 37.08mg (3.71%), Zinc: 0.52mg (3.44%), Vitamin B12: 0.18µg (3.06%), Fiber: 0.69g (2.78%), Potassium: 94.8mg (2.71%), Copper: 0.05mg (2.48%), Vitamin C: 1.88mg (2.27%), Vitamin B1: 0.03mg (2.27%), Manganese: 0.05mg (2.26%), Iron: 0.39mg (2.18%), Vitamin B5: 0.21mg (2.08%), Folate: 7.21µg (1.8%), Magnesium: 7.08mg (1.77%)