



Cantonese Style Pork and Shrimp Dumplings

 Dairy Free

READY IN



50 min.

SERVINGS



40

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce water chestnuts drained chopped canned
- ☐ 16 ounce round dumpling skins
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.1 teaspoon ground pepper white
- ☐ 0.3 pound ground pork
- ☐ 1 tablespoon oyster sauce
- ☐ 0.1 teaspoon salt

- ☐ 1.5 tablespoons sesame oil
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 teaspoon soya sauce
- ☐ 1 cup watercress chopped

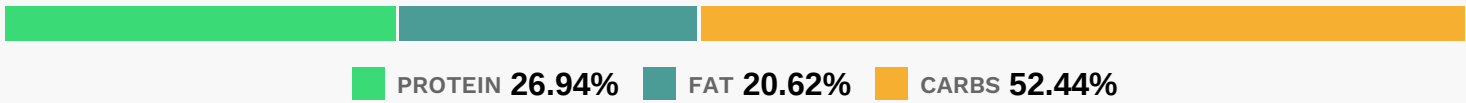
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large bowl, combine the pork, watercress, water chestnuts, green onion, oyster sauce, sesame oil, garlic, soy sauce, ground white pepper and salt and mix together well.
- ☐ Place 1/2 teaspoonful of this filling onto each dumpling skin.
- ☐ Place 1 shrimp on the filling, slightly wet the edge of the dumpling skin, fold over and pinch with your fingers to form a seal all the way around.
- ☐ To cook: Pan fry the dumplings in a large skillet over medium heat with oil for 15 minutes, turning over halfway through OR
- ☐ Place them in a pot of boiling water for 10 minutes; drain and serve in hot chicken broth.

Nutrition Facts



Properties

Glycemic Index:2.72, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.3195652028789%

Flavonoids

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 59.9kcal (3%), Fat: 1.36g (2.1%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 7.35g (2.67%), Sugar: 0.24g (0.26%), Cholesterol: 21.32mg (7.11%), Sodium: 109.02mg (4.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Selenium: 4µg (5.72%), Vitamin B1: 0.08mg (5.46%), Manganese: 0.09mg (4.56%), Phosphorus: 41.28mg (4.13%), Vitamin B3: 0.79mg (3.94%), Copper: 0.07mg (3.67%), Vitamin K: 3.51µg (3.34%), Vitamin B2: 0.05mg (3.18%), Iron: 0.56mg (3.11%), Folate: 10.98µg (2.74%), Zinc: 0.33mg (2.22%), Magnesium: 7.64mg (1.91%), Potassium: 63.2mg (1.81%), Fiber: 0.45g (1.81%), Vitamin B6: 0.03mg (1.56%), Calcium: 15.13mg (1.51%)