



Chicken and Celery Pot Stickers

 Dairy Free

READY IN



35 min.

SERVINGS



20

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 garlic clove
- ☐ 0.3 pound ground beef dark
- ☐ 3.5 tablespoons soy sauce low-sodium divided
- ☐ 1 tablespoon rice vinegar (not seasoned)
- ☐ 0.3 teaspoon sesame oil
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water
- ☐ 20 wonton wrappers

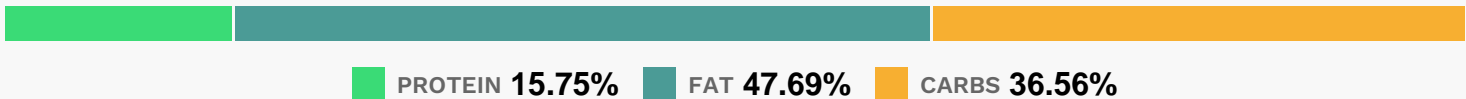
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Cut celery into 2-inch pieces. With food processor running, drop in celery and garlic and finely chop. Stop motor and add chicken, 1/2 tablespoon soy sauce, sesame oil, and 1/8 teaspoon each of salt and pepper. Pulse until just combined.
- ☐ Put 2 wrappers on a dry surface, keeping remaining wrappers in package, and lightly brush edges with water. Mound a rounded teaspoon filling in center of each wrapper. Fold in half, into triangles or half-moons, and pinch edges tightly to seal. Make 18 more dumplings in same manner.
- ☐ Chop enough celery leaves to measure 1 1/2 tablespoons and stir together with remaining 3 tablespoons soy sauce and vinegar.
- ☐ Heat vegetable oil in a 12-inch nonstick skillet over medium-high heat until hot, then arrange dumplings, slightly overlapping, in a spiral pattern and fry until bottoms are pale golden, 2 to 3 minutes.
- ☐ Add water, tilting skillet to distribute, then cover tightly with lid and cook until liquid has evaporated and bottoms of dumplings are crisp and golden, 6 to 7 minutes. (Use a spatula to loosen and lift edges to check bottoms; replace lid and continue cooking if necessary, checking after 1 to 2 minutes.)
- ☐ Remove lid and invert a large plate with a rim over skillet. Holding plate and skillet tightly together, invert dumplings onto plate.
- ☐ Serve immediately, with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.5917391263596%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 50.88kcal (2.54%), Fat: 2.67g (4.1%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 4.44g (1.61%), Sugar: 0.02g (0.02%), Cholesterol: 4.7mg (1.57%), Sodium: 147.86mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Selenium: 3.03µg (4.32%), Vitamin B3: 0.68mg (3.4%), Manganese: 0.07mg (3.29%), Vitamin B1: 0.04mg (2.87%), Vitamin B2: 0.04mg (2.58%), Vitamin K: 2.62µg (2.49%), Iron: 0.41mg (2.25%), Zinc: 0.32mg (2.11%), Vitamin B12: 0.12µg (2.05%), Folate: 8.09µg (2.02%), Phosphorus: 20.17mg (2.02%), Vitamin B6: 0.03mg (1.44%), Magnesium: 4.54mg (1.13%)