



Chicken and Lemon Pot Stickers with Soy-Scallion Dipping Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound bok choy finely chopped
- ☐ 1 teaspoon chili paste depending on your taste pref with garlic
- ☐ 2 tablespoons cornstarch
- ☐ 1 teaspoon sesame oil dark
- ☐ 0.5 ounce shiitake mushrooms dried
- ☐ 0.5 cup sherry dry
- ☐ 2 teaspoons ginger fresh minced peeled

- ☐ 0.3 cup spring onion chopped
- ☐ 3 tablespoons spring onion chopped
- ☐ 0.5 pound ground chicken
- ☐ 1 Dash hot sauce
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.3 cup soy sauce low-sodium
- ☐ 1 tablespoon soy sauce low-sodium
- ☐ 5 tablespoons rice wine sweet (rice wine)
- ☐ 1 teaspoon salt
- ☐ 0.3 cup seasoned rice vinegar
- ☐ 0.3 cup vegetable oil divided
- ☐ 0.5 cup water
- ☐ 1 cup water divided
- ☐ 0.3 cup water chestnuts finely chopped
- ☐ 24 wonton wrappers

Equipment

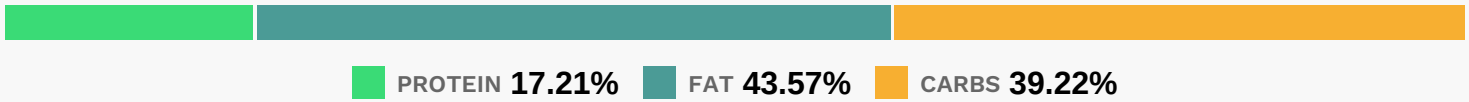
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ pot

Directions

- ☐ To prepare pot stickers, bring sherry and 1/2 cup water to a boil in a small saucepan.
- ☐ Remove from heat; add mushrooms. Cover and let stand 30 minutes or until mushrooms are tender.
- ☐ Drain and discard liquid. Finely chop mushrooms.
- ☐ Combine mushrooms, bok choy, and the next 9 ingredients (bok choy through chicken), stirring well.

- ☐ Working with 1 wonton wrapper at a time (cover remaining wrappers with a damp towel to prevent drying), spoon about 1 1/2 teaspoons chicken mixture into center of each wrapper. Moisten edges of dough with water; bring 2 opposite corners to center, pinching points to seal. Bring the remaining 2 corners to center, pinching points to seal. Pinch 4 edges together to seal.
- ☐ Place pot stickers on a large baking sheet sprinkled with cornstarch.
- ☐ Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add half of pot stickers; cook 2 minutes or until bottoms are golden brown. Carefully add 1/2 cup water to pan; cover and cook 4 minutes. Uncover and cook 3 minutes or until liquid evaporates. Repeat procedure with remaining 2 tablespoons oil, pot stickers, and 1/2 cup water.
- ☐ To prepare sauce, combine mirin and the remaining ingredients.
- ☐ Serve with the pot stickers.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:7.5878260576207%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 152.02kcal (7.6%), Fat: 6.72g (10.34%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 12.62g (4.59%), Sugar: 0.72g (0.8%), Cholesterol: 17.6mg (5.87%), Sodium: 546.56mg (23.76%), Alcohol: 2.04g (100%), Alcohol %: 2.01% (100%), Protein: 5.97g (11.94%), Vitamin K: 26.06µg (24.82%), Vitamin A: 890.2IU (17.8%), Vitamin C: 9.96mg (12.08%), Vitamin B3: 2.27mg (11.37%), Selenium: 7.08µg (10.11%), Manganese: 0.2mg (10.09%), Vitamin B2: 0.15mg (9.05%), Vitamin B6: 0.18mg (9.05%), Folate: 33.8µg (8.45%), Vitamin B1:

0.12mg (7.77%), Phosphorus: 73.22mg (7.32%), Potassium: 232.89mg (6.65%), Iron: 1.1mg (6.11%), Copper: 0.12mg (6.09%), Vitamin B5: 0.53mg (5.26%), Magnesium: 19.95mg (4.99%), Zinc: 0.63mg (4.19%), Fiber: 0.99g (3.97%), Calcium: 36.66mg (3.67%), Vitamin E: 0.53mg (3.56%), Vitamin B12: 0.11µg (1.81%)