



Chicken Meatball Dim Sum

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon wheat starch
- 0.5 cup chicken broth
- 6 servings cilantro sprigs
- 2 pieces cilantro leaves minced
- 1 ounce back fat chopped fine
- 1 egg white
- 4 egg whites
- 1 slice hardboiled egg yolk mixed dried with kosher salt, for decoration crumbled

- 1 tablespoon flour all-purpose
- 4 pieces mushroom black chopped fine
- 1 teaspoon oyster sauce
- 0.3 teaspoon salt
- 1 pinch salt
- 0.3 piece scallions chopped fine
- 0.3 teaspoon sesame oil
- 0.5 pound chicken breast boneless skinless chopped fine
- 6 servings vegetable oil
- 8 pieces water chestnut chopped fine
- 0.1 teaspoon pepper white
- 0.1 teaspoon pepper white

Equipment

- food processor
- bowl
- frying pan

Directions

- To make egg white pancakes: Lightly beat egg whites with wheat starch, salt, and pepper until well combined.
- Heat a nonstick saute pan over medium-high heat.
- Add some oil and heat.
- Pour 2 teaspoons of the mixture into the pan, spreading it out into a shape of a circle, while making sure it is as thin as a piece of paper. Repeat with all of the batter.
- In the bowl of a food processor, combine chicken, shrimp, mushrooms, fat, scallions, cilantro, water chestnut, white pepper, salt, sesame oil, and oyster sauce. Pulse until all the ingredients are chopped.
- Remove the leaves from several cilantro sprigs. Blanch sprigs in boiling water for 15 to 30 seconds to soften enough to be able to tie into a knot.

- Lay out an egg white pancake.
- Add some of the chicken meatball filling. Fold the pancake around the filling and tie the opening with the softened cilantro. Trim the top of the dumpling.
- Put the dumplings into a steamer, and cook for about 5 to 10 minutes.
- Egg white sauce: heat the water and add the egg white, stirring vigorously, add 1 tablespoon flour and season with salt.
- Garnish the dumplings with ground dried Virginia ham or crumbled hard-boiled egg yolk mixed with kosher salt and some egg white sauce.

Nutrition Facts

PROTEIN 20.51% **FAT 74.38%** **CARBS 5.11%**

Properties

Glycemic Index:33.83, Glycemic Load:1.04, Inflammation Score:-2, Nutrition Score:9.1247824793277%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 242.11kcal (12.11%), Fat: 20.18g (31.04%), Saturated Fat: 4.27g (26.69%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 2.57g (0.93%), Sugar: 1.21g (1.34%), Cholesterol: 30.87mg (10.29%), Sodium: 291.49mg (12.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.51g (25.03%), Selenium: 22.1µg (31.57%), Vitamin B3: 5.79mg (28.97%), Vitamin K: 28.57µg (27.21%), Vitamin B2: 0.36mg (20.96%), Vitamin B6: 0.34mg (16.77%), Vitamin B5: 1.3mg (13%), Phosphorus: 126.85mg (12.69%), Potassium: 338.76mg (9.68%), Copper: 0.17mg (8.66%), Vitamin E: 1.28mg (8.53%), Vitamin B1: 0.08mg (5.2%), Magnesium: 17.62mg (4.41%), Folate: 13.83µg (3.46%), Zinc: 0.51mg (3.39%), Iron: 0.5mg (2.79%), Manganese: 0.05mg (2.72%), Fiber: 0.55g (2.2%), Vitamin B12: 0.13µg (2.13%), Vitamin C: 1.69mg (2.05%), Vitamin D: 0.26µg (1.72%)