



Chicken Pot Stickers

 **Gluten Free**  **Dairy Free**

READY IN



95 min.

SERVINGS



16

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups chicken broth (from 32-ounce carton)
- 1 egg whites
- 2 teaspoons ginger chopped
- 0.5 cup cabbage shredded green
- 0.3 cup spring onion chopped (4 medium)
- 1.5 pounds ground chicken
- 10 ounces wonton skins
- 0.5 cup bell pepper red finely chopped

- 1 teaspoon sesame oil
- 4 teaspoons soya sauce
- 0.3 teaspoon pepper white

Equipment

- frying pan
- pot

Directions

- Mix all ingredients except wonton skins, broth and soy sauce.
- Brush each wonton skin with water.
- Place slightly less than 1 tablespoon chicken mixture on center of skin. Pinch 5 pleats along edge of half of circle. Fold circle in half over chicken mixture, pressing pleated edge to unpleated edge. Repeat with remaining skins and chicken mixture.
- Spray 12-inch skillet with cooking spray; heat over medium heat. Cook 12 pot stickers at a time in skillet about 3 minutes or until light brown; turn.
- Add 1/2 cup of the broth and 1 teaspoon of the soy sauce. Cover and cook 5 minutes. Uncover and cook about 1 minute longer or until liquid had evaporated. Repeat with remaining pot stickers, broth and soy sauce.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:4.6352173997008%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 165.76kcal (8.29%), Fat: 9.28g (14.27%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.48g (0.54%), Cholesterol: 53.99mg (18%), Sodium: 548.01mg (23.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.89g (37.79%), Vitamin B3: 2.56mg (12.8%), Vitamin B6: 0.24mg (11.94%), Vitamin C: 7.28mg (8.82%), Phosphorus: 81.79mg (8.18%), Vitamin B2: 0.14mg (8.06%), Potassium: 253.85mg (7.25%), Selenium: 4.87µg (6.95%), Vitamin K: 6.58µg (6.26%), Vitamin B5: 0.5mg (4.98%), Zinc: 0.68mg (4.52%), Vitamin B12: 0.25µg (4.09%), Vitamin B1: 0.06mg (3.9%), Vitamin A: 178.15IU (3.56%), Iron: 0.63mg (3.52%), Magnesium: 11.4mg (2.85%), Manganese: 0.04mg (2.1%), Copper: 0.04mg (1.91%), Vitamin E: 0.22mg (1.46%), Folate: 5.22µg (1.3%), Calcium: 12.3mg (1.23%)