



Chicken Pot Stickers

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

READY IN



55 min.

SERVINGS



48

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound chicken thighs boneless skinless cut into chunks
- 1.5 cups mushrooms fresh sliced
- 1.5 cups mushrooms fresh sliced
- 1 small onion cut into wedges
- 2 tablespoons hoisin sauce
- 2 tablespoons mustard prepared
- 2 tablespoons sriracha hot
- 10 ounces corn husks

- 1 large eggs lightly beaten
- 1 cup soy sauce reduced-sodium
- 1 spring onion chopped
- 1 teaspoon ground ginger

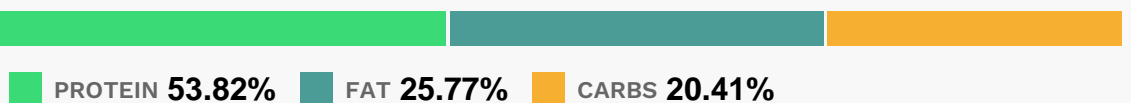
Equipment

- food processor
- bowl
- pot
- dutch oven
- steamer basket

Directions

- In a food processor, combine chicken, mushrooms, onion, hoisin sauce, mustard and chili sauce; cover and process until blended.
- Place 1 tablespoon chicken mixture in the center of 1 wrapper. (Until ready to use, keep remaining wrappers covered with a damp towel to prevent them from drying out.) Moisten entire edge with egg. Fold wrapper over filling to form a semicircle. Press edges firmly to seal, pleating the front side to form several folds.
- Holding sealed edge, place each dumpling on an even surface; press to flatten bottom. Curve ends to form a crescent shape. Repeat with remaining wrappers and filling.
- Working in batches, arrange pot stickers in a single layer on a large greased steamer basket rack; place in a Dutch oven over 1 in. water. Bring to a boil; cover and steam until filling juices run clear, 5–7 minutes. Repeat with remaining pot stickers.
- Meanwhile, in a small bowl, combine sauce ingredients.
- Serve with pot stickers. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:3.23, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.7104347950738%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 19.79kcal (0.99%), Fat: 0.57g (0.88%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 0.84g (0.31%), Sugar: 0.42g (0.46%), Cholesterol: 12.87mg (4.29%), Sodium: 233.54mg (10.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.39%), Selenium: 3.3µg (4.71%), Vitamin B3: 0.83mg (4.13%), Vitamin B2: 0.06mg (3.61%), Phosphorus: 35.29mg (3.53%), Vitamin B6: 0.06mg (3.12%), Vitamin B5: 0.24mg (2.41%), Manganese: 0.05mg (2.39%), Potassium: 68.25mg (1.95%), Magnesium: 7.28mg (1.82%), Zinc: 0.24mg (1.61%), Copper: 0.03mg (1.51%), Iron: 0.23mg (1.28%), Folate: 4.9µg (1.22%), Vitamin B1: 0.02mg (1.21%), Vitamin B12: 0.07µg (1.2%)