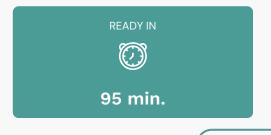
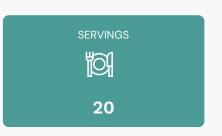


Chinese Chicken Pot Stickers

a Dairy Free







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

2 cups flour all-purpose
1.5 teaspoons kosher salt (coarse)
0.5 cup water boiling
0.5 cup water cold
0.8 lb ground chicken
2 spring onion finely chopped

2 teaspoons sugar

1 teaspoon ground ginger

	2 teaspoons rice vinegar	
	2 teaspoons soya sauce	
	1 Dash pepper red crushed	
	1 serving pepper black to taste	
	1 serving canola oil	
Equipment		
	bowl	
	frying pan	
	paper towels	
	sauce pan	
	pot	
	baking pan	
	slotted spoon	
Directions		
	In medium bowl, stir together flour and salt. Gradually stir in boiling water. Gradually add cold water, stirring constantly, until a dough forms. On floured surface, knead dough until smooth, adding more flour if necessary. Cover with damp towel; let rest 20 minutes.	
	Meanwhile, in large bowl, mix Filling ingredients. In 10-inch skillet, cook Filling over mediumhigh heat, breaking up chicken into crumbles as it cooks, until chicken is no longer pink.	
	Remove from heat.	
	Sprinkle additional flour in shallow baking pan. To mold potstickers, pinch off 1 tablespoon dough; roll out into a 3- to 4-inch round.	
	Place 1 tablespoon filling in center of dough round; fold over dough and seal edges. Crimp edge, if desired.	
	Place pot stickers in floured pan.	
	Heat 3-quart saucepan of salted water to boiling over medium-high heat. Next to it, heat a few tablespoons oil in 10-inch skillet over medium heat. Boil potstickers 4 minutes; remove with slotted spoon, allowing excess water to drip off.	

	Nutrition Facts
	Serve potstickers with additional soy sauce.
_	of pot stickers are browned, remove from skillet with slotted spoon. Pat off any excess oil with paper towel.
	Place potstickers in skillet, stepping back because this could cause spattering. Once bottoms

PROTEIN 22.36% FAT 25.54% CARBS 52.1%

Properties

Glycemic Index:13.7, Glycemic Load:7.2, Inflammation Score:-1, Nutrition Score:3.3460869892784%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 78.75kcal (3.94%), Fat: 2.21g (3.4%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 9.75g (3.55%), Sugar: 0.48g (0.53%), Cholesterol: 14.63mg (4.88%), Sodium: 219.29mg (9.53%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.35g (8.71%), Selenium: 6.05µg (8.64%), Vitamin B3: 1.73mg (8.63%), Vitamin B1: 0.12mg (7.85%), Manganese: 0.13mg (6.38%), Vitamin B2: 0.1mg (6.17%), Folate: 23.94µg (5.98%), Vitamin B6: 0.1mg (4.76%), Phosphorus: 45.21mg (4.52%), Iron: 0.77mg (4.3%), Potassium: 108.29mg (3.09%), Vitamin K: 3.17µg (3.02%), Vitamin B5: 0.24mg (2.44%), Zinc: 0.35mg (2.34%), Magnesium: 7.16mg (1.79%), Copper: 0.03mg (1.68%), Vitamin B12: 0.1µg (1.59%), Fiber: 0.39g (1.56%), Vitamin E: 0.18mg (1.23%)