



Chinese Chicken Pot Stickers

 Dairy Free

READY IN



95 min.

SERVINGS



20

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 servings canola oil
- ☐ 2 cups flour all-purpose
- ☐ 2 spring onion finely chopped
- ☐ 0.8 lb ground chicken
- ☐ 1 teaspoon ground ginger
- ☐ 20 servings pepper black to taste
- ☐ 1.5 teaspoons kosher salt (coarse)
- ☐ 1 Dash pepper red crushed

- ☐ 2 teaspoons rice vinegar
- ☐ 2 teaspoons soya sauce
- ☐ 2 teaspoons sugar
- ☐ 0.5 cup water boiling
- ☐ 0.5 cup water cold

Equipment

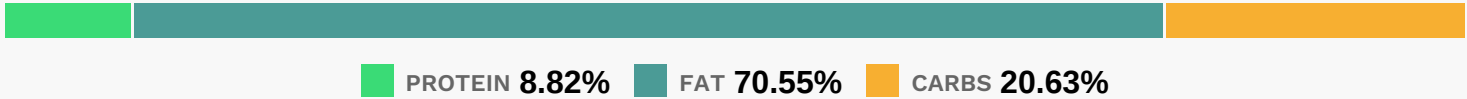
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ baking pan
- ☐ slotted spoon

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 medium-high 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.

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

Nutrition Facts



Properties

Glycemic Index:13.7, Glycemic Load:7.22, Inflammation Score:-1, Nutrition Score:4.4660869344421%

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: 196.56kcal (9.83%), Fat: 15.51g (23.87%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 10.2g (3.4%), Net Carbohydrates: 9.79g (3.56%), Sugar: 0.48g (0.53%), Cholesterol: 14.63mg (4.88%), Sodium: 219.31mg (9.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.73%), Vitamin E: 2.51mg (16.75%), Vitamin K: 12.81µg (12.2%), Selenium: 6.05µg (8.65%), Vitamin B3: 1.73mg (8.64%), Vitamin B1: 0.12mg (7.86%), Manganese: 0.14mg (6.99%), Vitamin B2: 0.11mg (6.18%), Folate: 23.95µg (5.99%), Vitamin B6: 0.1mg (4.78%), Phosphorus: 45.36mg (4.54%), Iron: 0.78mg (4.35%), Potassium: 109.55mg (3.13%), Vitamin B5: 0.25mg (2.46%), Zinc: 0.35mg (2.34%), Magnesium: 7.32mg (1.83%), Copper: 0.03mg (1.74%), Fiber: 0.41g (1.66%), Vitamin B12: 0.1µg (1.59%)