



Chinese Dandelion Dumplings

 Dairy Free

READY IN



480 min.

SERVINGS



100

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 8 ounce bamboo skewers minced drained canned
- ☐ 0.5 cup baby bok choy leaves minced
- ☐ 2 teaspoons chili oil to taste
- ☐ 2 cups dandelion greens minced
- ☐ 1 egg whites
- ☐ 1 teaspoon ginger root fresh minced
- ☐ 2 cloves garlic minced

- ☐ 2 tablespoons green onion chopped
- ☐ 4 green onions light minced
- ☐ 2 pounds ground pork
- ☐ 3 tablespoons hoisin sauce
- ☐ 1 teaspoon kosher salt
- ☐ 3 cups napa cabbage minced
- ☐ 4 teaspoons sesame oil
- ☐ 0.5 cup soya sauce
- ☐ 0.5 cup vegetable oil
- ☐ 1 tablespoon water
- ☐ 1 teaspoon pepper white
- ☐ 1 teaspoon sugar white
- ☐ 100 wonton wrappers

Equipment

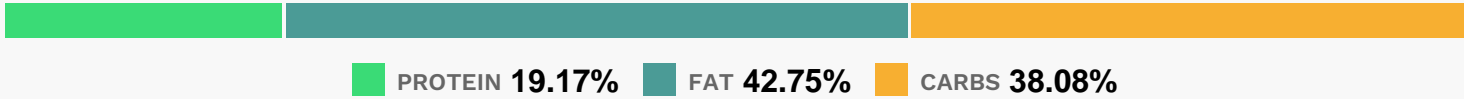
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix pork, dandelion greens, napa cabbage, bok choy, 4 minced green onions, 1 tablespoon of ginger, 3 cloves of garlic, bamboo shoots, 3 tablespoons of soy sauce, white pepper, salt, 1 teaspoon of sugar, and 4 teaspoons of sesame oil. Chill in the refrigerator 6 to 8 hours, or overnight.
- ☐ Beat the egg white with the water in a small bowl and set aside.
- ☐ Place 1 tablespoon of the pork mixture into a wonton wrapper, working one at a time. Cover additional wrappers with a moist towel to prevent drying.
- ☐ Brush the edges of the wrapper with the egg white mixture. Fold the wrapper and seal the edges with a moistened fork.
- ☐ Spray a large skillet with cooking spray.

- ☐
- Heat 2 tablespoons for vegetable oil over medium-high heat. Working in batches, place the dumplings into the skillet, seam side up. Cook until the dumplings brown slightly, 30 seconds to 1 minute.
- ☐
- Pour 1/2 cup of water into the skillet and cover. Gently steam the dumplings until the oil and water begin to sizzle, 7 to 8 minutes. Once the water is cooked off, flip the dumplings and continue cooking until the bottom begin to brown, 3 to 5 minutes. Repeat in batches with the remaining dumplings, oil, and water.
- ☐
- Serve with dipping sauce.
- ☐
- Combine chili oil, hoisin sauce, 1/2 cup of soy sauce, 4 teaspoons of sesame oil, 1 teaspoon of sugar, balsamic vinegar, 1 teaspoon of ginger, 2 tablespoons of green onion, and 2 cloves of garlic in a bowl.

Nutrition Facts



Properties

Glycemic Index:3.08, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:2.6582608482112%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 53.91kcal (2.7%), Fat: 2.53g (3.9%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 4.8g (1.74%), Sugar: 0.37g (0.41%), Cholesterol: 7.22mg (2.41%), Sodium: 145.96mg (6.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin K: 11.41µg (10.87%), Vitamin B1: 0.11mg (7.35%), Selenium: 4.47µg (6.39%), Vitamin B3: 0.88mg (4.39%), Manganese: 0.07mg (3.58%), Vitamin B2: 0.06mg (3.48%), Vitamin A: 142.66IU (2.85%), Vitamin B6: 0.05mg (2.63%), Phosphorus: 26.22mg (2.62%), Folate: 10.02µg (2.51%), Iron: 0.43mg (2.4%), Zinc: 0.29mg (1.92%), Vitamin C: 1.39mg (1.68%), Potassium: 50.73mg (1.45%), Magnesium: 4.91mg (1.23%), Copper: 0.02mg (1.19%), Fiber: 0.28g (1.13%), Vitamin B12: 0.07µg (1.09%), Calcium: 10.31mg (1.03%)