



Chinese Potstickers

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons balsamic vinegar black chinese
- ☐ 0.3 cup canola oil divided
- ☐ 2 teaspoons chile puree with garlic sauce
- ☐ 2 tablespoons cornstarch divided
- ☐ 2 teaspoons sesame oil dark
- ☐ 1.5 ounces mushroom caps dried
- ☐ 1 large egg white
- ☐ 1.5 teaspoons ginger fresh minced peeled

- ☐ 3 tablespoons ginger fresh peeled finely chopped
- ☐ 0.3 cup green onions finely chopped
- ☐ 2 tablespoons green onions minced
- ☐ 5 ounces ground chicken breast
- ☐ 5 ounces ground pork lean
- ☐ 6 tablespoons soya sauce low-sodium
- ☐ 4 ounces napa cabbage chinese chopped ()
- ☐ 1.5 teaspoons oyster sauce
- ☐ 48 gyoza skins
- ☐ 2 tablespoons shaoxing dry chinese (cooking wine)
- ☐ 3 tablespoons soya sauce dark
- ☐ 1 teaspoon sugar
- ☐ 1.3 cups water divided
- ☐ 0.1 teaspoon pepper white

Equipment

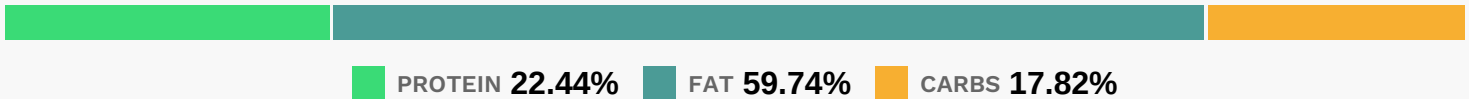
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

Directions

- ☐ To prepare dumplings, cook cabbage in boiling water 1 minute or until tender.
- ☐ Drain and rinse with cold water; drain. Cool; chop.
- ☐ Place mushrooms in a small bowl; cover with boiling water. Cover and let stand 30 minutes or until tender.
- ☐ Drain mushrooms; chop.
- ☐ Combine cabbage, mushrooms, 1/4 cup green onions, 2 tablespoons cornstarch, and next 7 ingredients (through egg white) in a large bowl. Cover and refrigerate 4 hours.

- ☐ Working with 1 gyoza skin at a time (cover remaining gyoza skins to prevent drying), spoon 2 teaspoons pork mixture into center of each skin. Moisten edges of gyoza skin with water. Fold in half, pinching edges together to seal.
- ☐ Place dumpling, seam side up, on a baking sheet sprinkled with remaining 1 teaspoon cornstarch (cover loosely with a towel to prevent drying). Repeat procedure with remaining gyoza skins and filling.
- ☐ Heat 1 tablespoon canola oil in a large nonstick skillet over medium-high heat.
- ☐ Add 12 dumplings to pan; cook 3 minutes.
- ☐ Add 1/3 cup water. Reduce heat, and simmer 3 minutes or until water evaporates. Repeat procedure with remaining canola oil, dumplings, and water.
- ☐ To prepare the sauce, combine 3 tablespoons chopped ginger and remaining ingredients in a small bowl.
- ☐ Serve sauce with dumplings.

Nutrition Facts



Properties

Glycemic Index:17.26, Glycemic Load:0.58, Inflammation Score:-1, Nutrition Score:4.6473913296409%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 114.8kcal (5.74%), Fat: 7.61g (11.71%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 5.11g (1.7%), Net Carbohydrates: 4.48g (1.63%), Sugar: 1.1g (1.22%), Cholesterol: 16.85mg (5.62%), Sodium: 492.14mg (21.4%), Alcohol: 0.19g (100%), Alcohol %: 0.32% (100%), Protein: 6.43g (12.86%), Vitamin K: 10.47µg (9.97%), Copper: 0.17mg (8.42%), Vitamin B5: 0.79mg (7.86%), Vitamin B3: 1.52mg (7.59%), Vitamin B6: 0.14mg (7.13%), Selenium: 4.9µg (7%), Vitamin B2: 0.11mg (6.56%), Vitamin B1: 0.09mg (6.11%), Phosphorus: 58.35mg (5.84%), Manganese: 0.1mg (5.22%), Potassium: 178.6mg (5.1%), Vitamin E: 0.69mg (4.62%), Zinc: 0.63mg (4.2%), Magnesium: 15.61mg (3.9%), Folate: 15.54µg (3.89%), Vitamin C: 2.6mg (3.15%), Iron: 0.5mg (2.78%), Fiber: 0.63g (2.5%), Vitamin B12: 0.12µg (1.93%), Calcium: 14.76mg (1.48%)