



Crab and Shiitake Potstickers with Citrus Dipping Sauce

READY IN



45 min.

SERVINGS



48

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 48 servings barbecue sauce
- ☐ 2 tablespoons butter
- ☐ 1.5 cups mushrooms fresh chopped
- ☐ 0.3 cup carrots shredded
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 large egg whites lightly beaten
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1.5 teaspoons ginger fresh grated

- ☐ 1 tablespoon garlic fresh minced
- ☐ 0.3 cup spring onion chopped
- ☐ 12 ounces lump crab meat fresh drained
- ☐ 1 cup napa cabbage shredded finely
- ☐ 36 wonton wrappers
- ☐ 0.5 teaspoon salt
- ☐ 48 servings vegetable oil

Equipment

- ☐ frying pan
- ☐ baking sheet

Directions

- ☐ Prepare Citrus Dipping Sauce.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms; cook 5 minutes or until tender.
- ☐ Remove from heat.
- ☐ Combine mushrooms, cabbage, and next 7 ingredients; stir well.
- ☐ Add egg white and crabmeat, stirring gently to combine.
- ☐ Brush water around edges of each potsticker wrapper; place 1 tablespoon crab mixture in center of each wrapper. Fold wrapper over, forming a semi-circle. Fold overlapping pleats into dough on one side, pressing to seal. (The pleats enable the potstickers to stand upright.)
- ☐ Place on a baking sheet; cover and chill 2 hours.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Carefully add half of potstickers, and cook 2 to 3 minutes until browned on bottom.
- ☐ Add 1/2 cup water to skillet, and cover quickly. (Skillet will hiss and steam rapidly.) Steam 3 to 4 minutes until thoroughly cooked.
- ☐ Drain skillet, and repeat steam-fry procedure with remaining potstickers.
- ☐ Serve immediately with Citrus Dipping Sauce.

Nutrition Facts



 **PROTEIN 5.31%**  **FAT 84.43%**  **CARBS 10.26%**

Properties

Glycemic Index:5.62, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:3.8091304370243%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 154.88kcal (7.74%), Fat: 14.71g (22.63%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 3.81g (1.39%), Sugar: 0.48g (0.53%), Cholesterol: 4.74mg (1.58%), Sodium: 131.9mg (5.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Vitamin K: 28.1µg (26.77%), Vitamin B12: 0.64µg (10.7%), Vitamin E: 1.18mg (7.87%), Selenium: 4.64µg (6.63%), Copper: 0.09mg (4.31%), Vitamin A: 180.9IU (3.62%), Zinc: 0.49mg (3.27%), Folate: 10.42µg (2.6%), Vitamin B3: 0.52mg (2.59%), Vitamin B2: 0.04mg (2.48%), Manganese: 0.05mg (2.48%), Vitamin B1: 0.04mg (2.46%), Phosphorus: 24.41mg (2.44%), Iron: 0.28mg (1.54%), Vitamin C: 1.24mg (1.5%), Magnesium: 5.61mg (1.4%), Vitamin B6: 0.02mg (1.19%), Potassium: 41.74mg (1.19%)