



Crab Dumplings - Slimmed

READY IN



55 min.

SERVINGS



8

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon southeast asian fish sauce
- ☐ 1 cup carrots grated 2 medium carrots
- ☐ 1 large egg white
- ☐ 1 tablespoon coriander leaves fresh chopped cilantro
- ☐ 1.5 tablespoons coriander leaves fresh chopped cilantro
- ☐ 3 cloves garlic minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 tablespoon juice of lime freshly squeezed
- ☐ 0.5 pound lump crab meat picked over

- ☐ 2 romaine leaves
- ☐ 1 scallion white green chopped and
- ☐ 1 tablespoon seasoned rice wine vinegar as needed plus more
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup water chestnuts chopped
- ☐ 24 2-inch wonton wrappers frozen thawed 3 1/ square
- ☐ 0.3 to with seeds, minced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

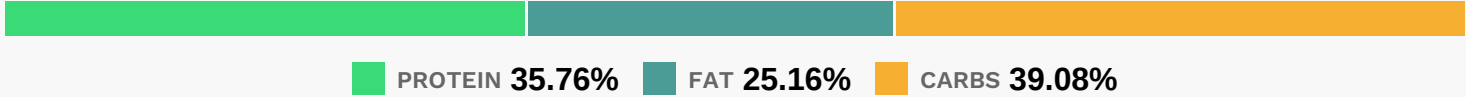
Directions

- ☐ Special equipment: 3 1/2-inch round biscuit cutter, bamboo steamer
- ☐ To make the salad: In a small non-stick skillet, stir together the oil, jalapeno, and garlic. Stir-fry over medium heat until fragrant, about 5 minutes.
- ☐ Remove the skillet from the heat and add the sugar.
- ☐ Transfer the mixture to a medium bowl, and cool slightly. Toss the carrot, coriander, lime juice, fish sauce, and scallion together with the jalapeno mixture. Set aside.
- ☐ To make the dumplings: In a medium bowl, combine the crabmeat, water chestnuts, egg white, 1 tablespoon of vinegar, coriander, and salt.
- ☐ Lay 6 to 8 wontons out on a work surface. Trim into rounds with the biscuit cutter. Lightly brush the surface of each wrapper with vinegar.
- ☐ Place a level tablespoon of the crab filling in the center of each wrapper. Gather the wrapper around the filling, in a loosely-pleated open dumpling. The dumpling should be flat on the bottom with about a 1/2-inch of the wrapper unfilled at the top in order to hold the salad after steaming. Repeat until the filling is used up.
- ☐ Arrange the dumplings about 1/4-inch apart in 2 lettuce leaf-lined bamboo steamers. Fill a wok or pan with enough water to come up to the bottom of the steamer rack, and bring the

water to a boil over high heat. Stack the steamers in the pan, cover, and steam the dumplings until the filling is set, about 10 minutes.

- ☐
- Remove the steamer from the pan. Top each dumpling with 1/2 heaping teaspoon of the carrot salad.
- ☐
- Serve immediately in the steamer pan.

Nutrition Facts



Properties

Glycemic Index:40.62, Glycemic Load:1.69, Inflammation Score:-9, Nutrition Score:10.200000135795%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 71.92kcal (3.6%), Fat: 2g (3.08%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 7g (2.33%), Net Carbohydrates: 6g (2.18%), Sugar: 2.75g (3.05%), Cholesterol: 12.18mg (4.06%), Sodium: 405.58mg (17.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.82%), Vitamin A: 3318.65IU (66.37%), Vitamin B12: 2.56µg (42.66%), Selenium: 12.37µg (17.67%), Vitamin K: 16.03µg (15.27%), Copper: 0.29mg (14.72%), Zinc: 1.83mg (12.19%), Phosphorus: 77.67mg (7.77%), Folate: 30.08µg (7.52%), Vitamin C: 4.82mg (5.84%), Vitamin B6: 0.11mg (5.43%), Magnesium: 20.5mg (5.12%), Manganese: 0.1mg (5%), Potassium: 162.23mg (4.64%), Fiber: 1.01g (4.03%), Vitamin B3: 0.74mg (3.7%), Vitamin B2: 0.06mg (3.65%), Vitamin B1: 0.05mg (3.23%), Iron: 0.54mg (2.98%), Calcium: 26.64mg (2.66%), Vitamin E: 0.34mg (2.26%), Vitamin B5: 0.19mg (1.89%)