



## Debbie's Dumplings

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 48 servings chili oil
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons cooking wine dry white
- ☐ 1 large eggs
- ☐ 2 teaspoons ginger fresh grated
- ☐ 0.5 cup green onions thinly sliced
- ☐ 0.3 teaspoon ground pepper white
- ☐ 1 pound pd of ground turkey

- ☐ 0.8 cup napa cabbage chopped
- ☐ 1 tablespoon oyster sauce (soy sauce)
- ☐ 60 potsticker wrappers with thickness)
- ☐ 48 servings rice vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup shiitake mushroom caps fresh finely chopped
- ☐ 0.3 cup soya sauce
- ☐ 0.5 teaspoon sugar
- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 cup water chestnuts chopped

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ spatula

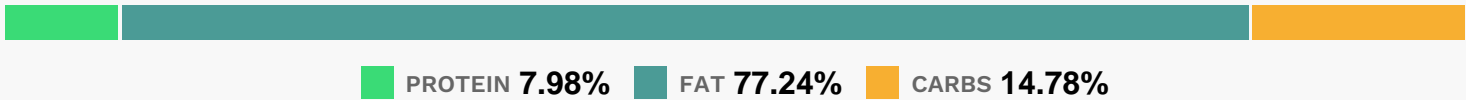
## Directions

- ☐ In a bowl, mix turkey, egg, mushrooms, cabbage, water chestnuts, green onions, cornstarch, ginger, 3 tablespoons soy sauce, oyster sauce, wine, salt, sugar, and pepper until well blended.
- ☐ To assemble each dumpling, fill a small bowl with water.
- ☐ Place one wrapper on a flat surface; cover remaining wrappers with plastic wrap to keep pliable.
- ☐ Place a scant tablespoon of filling in center of wrapper. With your fingers, moisten edge of wrapper all the way around with water, then bring opposite sides together over filling and pinch edges together only in the center. On front side of dumpling, make two pleats on each side of center, folding to the center, and press all edges to seal. Set dumpling, seam side up so dumpling sits flat, on a lightly floured baking sheet. Cover with plastic wrap while you fill

remaining wrappers (see notes).

- ☐ To cook each batch, set a 10- to 12-inch nonstick frying pan over medium-high heat (see notes). When hot, coat pan bottom with 1 tablespoon vegetable oil. Set dumplings, seam up and slightly apart, in a single layer in pan. Cook until bottoms are golden brown, 3 to 5 minutes.
- ☐ Add 1/3 cup water, cover pan tightly, reduce heat to medium-low, and cook until filling is no longer pink in the center (cut to test), 3 to 6 minutes (10 to 11 minutes if frozen). Uncover and, if there is still liquid in pan, continue cooking over medium-high heat until the liquid has evaporated.
- ☐ Using a wide spatula, transfer dumplings to a heatproof platter.
- ☐ Serve, or cover and keep warm in a 200 oven. Repeat to cook remaining dumplings.
- ☐ Serve with soy sauce, rice vinegar, and chili oil for dipping.

## Nutrition Facts



## Properties

Glycemic Index:5.44, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:3.6243477787661%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 177.41kcal (8.87%), Fat: 15.3g (23.54%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 6.18g (2.25%), Sugar: 0.29g (0.32%), Cholesterol: 9.92mg (3.31%), Sodium: 163.19mg (7.1%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 3.56g (7.12%), Vitamin E: 2.13mg (14.19%), Vitamin K: 12.67µg (12.07%), Vitamin B3: 1.64mg (8.21%), Selenium: 5.35µg (7.64%), Vitamin B6: 0.11mg (5.4%), Manganese: 0.09mg (4.35%), Phosphorus: 38.53mg (3.85%), Vitamin B1: 0.06mg (3.85%), Vitamin B2: 0.06mg (3.68%), Iron: 0.59mg (3.25%), Folate: 11.87µg (2.97%), Zinc: 0.31mg (2.07%), Potassium: 61.58mg (1.76%), Vitamin B5: 0.17mg (1.67%), Magnesium: 6.66mg (1.66%), Copper: 0.03mg (1.64%), Fiber: 0.41g (1.63%), Vitamin B12: 0.06µg (1.01%)