

Four-Flavor Dumplings

☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

32

CALORIES

calories

14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup carrots diced finely
- ☐ 1.5 teaspoons cornstarch
- ☐ 2 teaspoons cornstarch
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 0.5 ounce mushroom caps dried
- ☐ 1.5 teaspoons cooking sherry dry
- ☐ 0.3 cup green onions minced
- ☐ 0.3 pound ground chicken

- ☐ 32 servings cabbage leaves green steamed
- ☐ 1.5 teaspoons oyster sauce
- ☐ 0.3 cup tiny peas green frozen thawed
- ☐ 3 inch gyoza skins
- ☐ 0.1 teaspoon salt
- ☐ 8 medium shrimp peeled quartered
- ☐ 0.3 cup squeezed spinach frozen dry thawed drained chopped
- ☐ 1 cup water boiling

Equipment

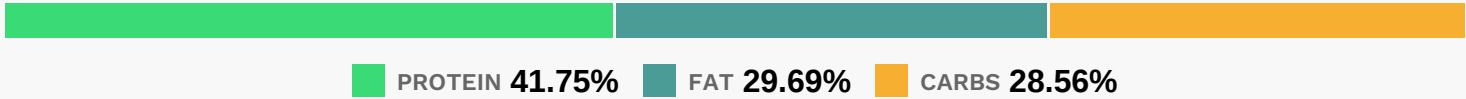
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ knife

Directions

- ☐ Combine boiling water and mushrooms in a bowl; cover and let stand 30 minutes.
- ☐ Drain; discard stems, and mince caps.
- ☐ Combine chicken and next 7 ingredients (chicken through salt) in a large bowl; add 3 tablespoons minced mushrooms (set remaining mushrooms aside), and stir well. Set chicken mixture aside.
- ☐ Working with 1 gyoza skin at a time (cover remaining skins to keep them from drying out), moisten 4 equally spaced points around edge of skin with water. Spoon about 1 teaspoon chicken mixture into center of each circle. Bring 4 moistened points over filling to center, pressing fingers together. Push fingers toward center of circle to form 4 pockets (if pockets do not open enough for chicken mixture to be visible, use the tip of a knife to separate the dough and open pockets). Working with 1 dumpling at a time, fill first pocket with minced mushrooms, second pocket with peas, third pocket with carrot, and fourth pocket with 1 piece of shrimp.
- ☐ Place filled dumplings on a large baking sheet sprinkled with 2 teaspoons cornstarch; cover loosely with a towel to keep from drying out.

- ☐ Line a bamboo steamer with steamed cabbage leaves.
- ☐ Place filled dumplings 1/2 inch apart in steamer, and cover with steamer lid.
- ☐ Add water to a large skillet to a depth of 1 inch; bring to a boil.
- ☐ Place steamer in skillet, and steam dumplings 10 minutes; remove dumplings from steamer.
- ☐ Serve dumplings with dipping sauces.

Nutrition Facts



Properties

Glycemic Index:6.32, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:1.1995652152792%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 13.62kcal (0.68%), Fat: 0.45g (0.7%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 0.98g (0.33%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.18g (0.2%), Cholesterol: 7.3mg (2.43%), Sodium: 27.86mg (1.21%), Alcohol: 0.02g (100%), Alcohol %: 0.16% (100%), Protein: 1.44g (2.87%), Vitamin A: 211.68IU (4.23%), Vitamin K: 3.72µg (3.55%), Copper: 0.04mg (2.06%), Phosphorus: 15.77mg (1.58%), Vitamin B3: 0.32mg (1.58%), Vitamin B6: 0.03mg (1.49%), Vitamin B5: 0.14mg (1.42%), Vitamin C: 1.16mg (1.41%), Potassium: 44.95mg (1.28%), Vitamin B2: 0.02mg (1.1%)