



Fried Beef Dumplings

 Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 eggs beaten
- ☐ 0.5 pound ground beef
- ☐ 3 tablespoons soya sauce low-sodium recommended: Kikkoman
- ☐ 1 package pot sticker wraps recommended: Dynasty, Gyoza/Potsticker wrappers
- ☐ 4 scallions thinly sliced
- ☐ 3 tablespoons water

Equipment

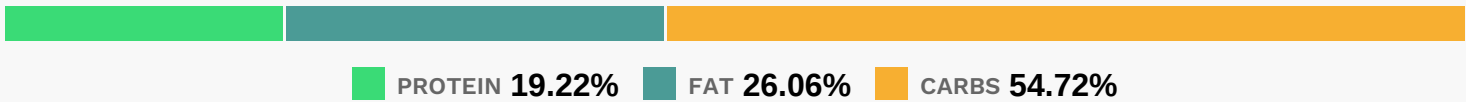
- ☐ bowl

☐ frying pan

Directions

- ☐ In a large bowl, place ground beef, scallions, 3 tablespoons water and soy sauce together.
- ☐ Mix ingredients until combined.
- ☐ Place small spoonfuls of the filling onto the dumpling wrappers. Using your fingers, wet the edges of the wrappers with beaten egg and "pinch and press" the edges to seal.
- ☐ Preheat a large nonstick frying pan.
- ☐ Once skillet is hot, carefully place the dumplings into the hot frying pan; cook undisturbed for 3 minutes.
- ☐ Add 3 tablespoons of water and cover pan. Reduce heat to medium and cook until water evaporates, about 5 minutes
- ☐ A viewer, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs have not tested this recipe and therefore, we cannot make representation as to the results.

Nutrition Facts



Properties

Glycemic Index:1.6, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:3.9552173640417%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 99.56kcal (4.98%), Fat: 2.83g (4.35%), Saturated Fat: 1g (6.25%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 12.87g (4.68%), Sugar: 0.08g (0.08%), Cholesterol: 18.26mg (6.09%), Sodium: 226.32mg (9.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Selenium: 8.75µg (12.5%), Vitamin B3: 1.74mg (8.71%), Vitamin B1: 0.12mg (8.32%), Manganese: 0.16mg (7.97%), Vitamin B2: 0.12mg (7.03%), Iron: 1.08mg (6.01%), Folate: 23.77µg (5.94%), Vitamin K: 5.18µg (4.93%), Zinc: 0.69mg (4.6%), Phosphorus: 45.37mg (4.54%), Vitamin B12: 0.27µg (4.45%), Vitamin B6: 0.05mg (2.62%), Copper: 0.05mg (2.26%), Magnesium: 8.85mg (2.21%), Fiber: 0.48g (1.94%), Potassium: 67.18mg (1.92%), Calcium: 16.36mg (1.64%), Vitamin B5: 0.11mg (1.06%)