



## Fried Edamame Dumplings

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



156 kcal

SIDE DISH

### Ingredients

- 1 cup edamame frozen shelled
- 1 tablespoon ginger fresh grated
- 1 juice of lemon juiced
- 0.5 teaspoon salt plus more for salting water
- 2 scallions roughly chopped
- 2 tablespoons sesame oil plus more if necessary
- 0.5 cup soya sauce for dipping
- 8 servings vegetable oil for frying

- 2 tablespoons wasabi powder
- 2 cups water plus more for sealing wontons
- 24 wonton wrappers

## Equipment

- food processor
- frying pan
- paper towels
- sauce pan
- slotted spoon
- microplane

## Directions

- In a small saucepan add edamame to salted boiling water. Cook for 1 minute.
- Drain edamame and run under cold water to cool them slightly and add them to a food processor. Using a microplane grate the ginger and add to food processor along with wasabi powder, lemon juice, salt, sesame oil and scallions. Process until a chunky consistency forms.
- Working with 1 wonton wrapper at a time (cover remaining wrappers with a damp towel to prevent drying), spoon about 1 teaspoon edamame mixture in center of each wrapper. Moisten edges of dough with water; fold opposite corners to form a triangle, pinching points to seal. In a heat proof pan add about 2 inches oil and heat. When oil is hot add dumplings and fry until golden brown about 10 minutes. Fry off in batches making sure they don't touch in the oil so they won't stick.
- Remove with a slotted spoon or spider and place on paper towels to absorb the oil.
- Serve warm on a platter with soy sauce.

## Nutrition Facts



PROTEIN 14.3%  FAT 41.78%  CARBS 43.92%

## Properties

Glycemic Index:7.75, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:4.6469565581368%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 156.21kcal (7.81%), Fat: 7.3g (11.23%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 17.26g (5.75%), Net Carbohydrates: 15.79g (5.74%), Sugar: 0.93g (1.03%), Cholesterol: 2.03mg (0.68%), Sodium: 942.49mg (40.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.25%), Manganese: 0.23mg (11.4%), Vitamin K: 11.84µg (11.27%), Selenium: 6.49µg (9.27%), Iron: 1.67mg (9.26%), Vitamin B3: 1.83mg (9.14%), Vitamin B1: 0.13mg (8.65%), Vitamin B2: 0.11mg (6.58%), Folate: 24.95µg (6.24%), Fiber: 1.47g (5.9%), Potassium: 155.56mg (4.44%), Phosphorus: 39.78mg (3.98%), Copper: 0.07mg (3.46%), Calcium: 34.63mg (3.46%), Magnesium: 12.96mg (3.24%), Vitamin C: 2.58mg (3.13%), Vitamin B6: 0.04mg (2.21%), Vitamin E: 0.3mg (2.02%), Zinc: 0.26mg (1.77%)