



## Fried Pork Dumplings

 Dairy Free

READY IN



40 min.

SERVINGS



36

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 slice bacon finely chopped
- 0.5 teaspoon cornstarch
- 36 round dumpling wrappers frozen thawed
- 2 large eggs
- 0.5 cup chives fresh minced ( 2 small bunches)
- 1 clove garlic finely grated
- 1.5 teaspoons ginger finely grated peeled
- 0.5 pound ground pork

- 36 servings kosher salt
- 0.5 cup napa cabbage finely chopped
- 1 teaspoon sesame oil toasted
- 0.5 teaspoon soya sauce
- 0.5 teaspoon sugar
- 6 tablespoons vegetable oil

## Equipment

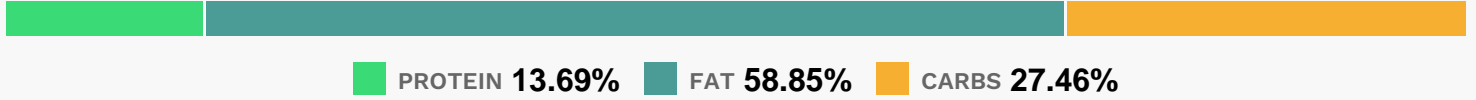
- bowl
- frying pan
- baking sheet
- paper towels
- spatula

## Directions

- Lightly beat 1 egg in a large bowl.
- Add the pork, bacon, cabbage, chives, ginger, sesame oil, 1/2 teaspoon salt, the sugar, garlic, soy sauce and cornstarch; mix with your hands until combined.
- Lightly beat the remaining egg in a small bowl with 1 tablespoon water. Set 1 dumpling wrapper on a clean surface (keep the rest covered with a damp paper towel so they don't dry out). Scoop 1 heaping teaspoonful of the pork mixture onto the center of the wrapper. Dab a finger into the egg mixture and brush along the edges of the wrapper. Fold the wrapper in half and press the edges together to seal, then transfer to a baking sheet. Cover with a damp paper towel while you form the remaining dumplings.
- Heat 2 tablespoons vegetable oil in a large nonstick skillet over medium-high heat. Working in 3 batches, add the dumplings and arrange in a single layer; cook until the bottoms start to brown, about 30 seconds.
- Add 2/3 cup water, cover and cook 3 minutes. Uncover and cook until the liquid evaporates and the bottoms are crisp and golden brown, about 2 more minutes. Loosen the dumplings from the pan with a spatula and transfer to a serving plate.
- Add 2 more tablespoons oil to the pan between batches.

- Ponzu Dipping Sauce
- Combine 3 tablespoons ponzu sauce, 1 teaspoon soy sauce, 1/2 teaspoon sesame oil and 1 chopped scallion in a small bowl.
- Photograph by Kang Kim

## Nutrition Facts



### Properties

Glycemic Index:5.75, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.0991304413132%

### Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 66.83kcal (3.34%), Fat: 4.34g (6.68%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 4.39g (1.6%), Sugar: 0.09g (0.11%), Cholesterol: 15.95mg (5.32%), Sodium: 253mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Selenium: 4.67µg (6.67%), Vitamin B1: 0.09mg (5.93%), Vitamin K: 5.83µg (5.55%), Vitamin B3: 0.72mg (3.6%), Vitamin B2: 0.06mg (3.4%), Manganese: 0.06mg (2.8%), Phosphorus: 24.38mg (2.44%), Folate: 9.51µg (2.38%), Iron: 0.38mg (2.09%), Vitamin B6: 0.04mg (1.86%), Zinc: 0.24mg (1.62%), Vitamin E: 0.22mg (1.48%), Vitamin B12: 0.07µg (1.22%)