



Ginger-Shrimp Pot Stickers with Spicy Peanut Dipping Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



119 kcal

SIDE DISH

Ingredients

- 0.3 cup baby carrots
- 1 tablespoon canola oil divided
- 1.5 tablespoons chili paste depending on your taste pref with garlic (such as sambal oelek)
- 2 tablespoons cornstarch
- 1 teaspoon sesame oil dark
- 2 tablespoons cilantro leaves fresh chopped
- 2 teaspoons ginger fresh minced peeled

- 0.8 cup cabbage shredded green
- 0.3 cup spring onion chopped
- 1 Dash hot sauce
- 1 tablespoon soy sauce low-sodium
- 2 tablespoons soy sauce low-sodium
- 0.3 cup peanut butter
- 0.5 teaspoon salt
- 1.5 tablespoons seasoned rice vinegar
- 0.5 pound shrimp cooked peeled
- 0.5 teaspoon sugar
- 0.3 cup water
- 1 cup water divided
- 24 wonton wrappers

Equipment

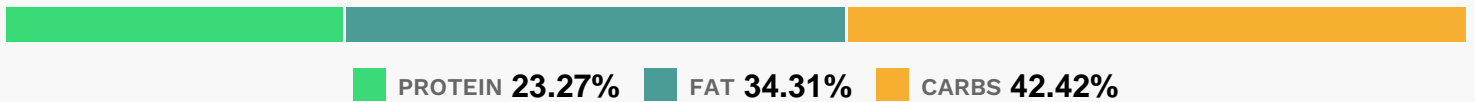
- food processor
- bowl
- frying pan
- baking sheet
- whisk
- pot

Directions

- To prepare pot stickers, combine first 10 ingredients in a food processor; pulse 4 times or until coarsely chopped. Working with 1 wonton wrapper at a time (cover remaining wrappers with a damp towel to prevent drying), spoon about 1 1/2 teaspoons shrimp mixture into center of each wrapper. Moisten edges of dough with water; bring 2 opposite corners to center, pinching points to seal. Bring remaining 2 corners to center, pinching points to seal. Pinch 4 edges together to seal.
- Place pot stickers on a large baking sheet sprinkled with cornstarch.

- Heat 1 1/2 teaspoons canola oil in a large nonstick skillet over medium-high heat.
- Add 12 pot stickers to pan; cook 2 minutes or until bottoms are golden brown. Slowly add 1/2 cup water to pan; cover and cook 4 minutes. Uncover and cook 3 minutes or until liquid evaporates. Repeat procedure with remaining 1 1/2 teaspoons canola oil, 12 pot stickers, and 1/2 cup water.
- To prepare sauce, combine 1/4 cup water and next 5 ingredients (through sugar) in a small bowl, stirring with a whisk.
- Serve sauce with pot stickers.
- Garnish with chopped green onions, if desired.
- Wine note: These exotically flavored pot stickers call for a wine that won't be a wallflower next to them. The sweet ginger spice and richness of the peanuts will be enhanced by the heady aromatics and lush mouthfeel of an Alsatian Gewurztraminer. Try one of the best producers from the world's best region for this grape varietal: Zind-Humbrecht 2005 Gewurztraminer Alsace, about \$ Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:4.8665217648706%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 118.7kcal (5.94%), Fat: 4.6g (7.08%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 12.8g (4.27%), Net Carbohydrates: 11.96g (4.35%), Sugar: 1.27g (1.41%), Cholesterol: 31.78mg (10.59%), Sodium: 377.64mg (16.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.05%), Manganese: 0.22mg (10.81%), Vitamin K: 10.45µg (9.95%), Vitamin B3: 1.65mg (8.24%), Vitamin A: 410.31IU (8.21%), Phosphorus: 81.81mg (8.18%), Copper: 0.13mg (6.73%), Selenium: 4.6µg (6.57%), Vitamin B1: 0.09mg (6.25%), Folate: 23.94µg (5.99%), Magnesium: 23.52mg (5.88%), Vitamin E: 0.74mg (4.96%), Vitamin B2: 0.08mg (4.89%), Iron: 0.86mg (4.79%), Potassium: 137.26mg (3.92%), Zinc: 0.56mg (3.73%), Fiber: 0.85g (3.38%), Vitamin C: 2.55mg (3.1%), Calcium: 29.03mg (2.9%), Vitamin B6: 0.05mg (2.43%)