



HEALTH SCORE

76%

Gyoza with Soy-Citrus Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces button mushrooms chopped
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 garlic cloves
- ☐ 2 green onions cut into 2-inch pieces
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon less-sodium soy sauce
- ☐ 0.3 cup orange juice fresh

- ☐ 1 teaspoon orange juice fresh
- ☐ 0.5 teaspoon orange rind grated
- ☐ 2 teaspoons vegetable oil; peanut oil preferred divided
- ☐ 28 gyoza skins
- ☐ 2 teaspoons rice vinegar
- ☐ 8 ounces mushroom caps stemmed chopped
- ☐ 6 ounces pkt spinach fresh chopped
- ☐ 0.5 cup vegetable broth organic divided

Equipment

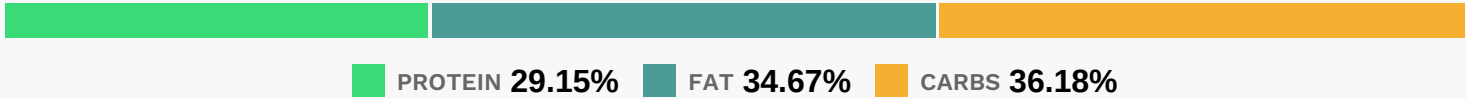
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

Directions

- ☐ Combine first 10 ingredients in a food processor, and process until finely chopped.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add mushroom mixture and spinach to pan; cook 10 minutes or until liquid evaporates, stirring frequently. Cool slightly.
- ☐ Moisten edges of gyoza skin with water, working with 1 gyoza skin at a time (cover remaining skins to prevent drying). Spoon about 1 tablespoon spinach mixture into center of circle. Fold in half, pinching edges together to seal.
- ☐ Place dumpling, seam side up, on a baking sheet (cover loosely with a towel to prevent drying). Repeat procedure with remaining wrappers and filling.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add half of dumplings to pan; cook 2 minutes on each side or until lightly browned.
- ☐ Remove from pan; keep warm. Repeat procedure with remaining 1 teaspoon oil and remaining dumplings.
- ☐ Add 1/4 cup broth, 1/3 cup juice, 1 tablespoon soy sauce, and vinegar to pan; bring to a boil.

- ☐ Place dipping sauce in a small bowl.
- ☐ Add remaining 1/4 cup broth to pan; bring to a boil.
- ☐ Add dumplings; cover and cook 2 minutes or until tender.
- ☐ Remove from pan.
- ☐ Serve with dipping sauce; top with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:93, Glycemic Load:3.01, Inflammation Score:-10, Nutrition Score:21.548260787259%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 117.55kcal (5.88%), Fat: 4.9g (7.55%), Saturated Fat: 1.18g (7.36%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 8.25g (3%), Sugar: 4.99g (5.55%), Cholesterol: 6.65mg (2.22%), Sodium: 579.78mg (25.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.28g (18.55%), Vitamin K: 217.94µg (207.56%), Vitamin A: 4177.94IU (83.56%), Vitamin C: 26.41mg (32.02%), Manganese: 0.6mg (30%), Folate: 112.16µg (28.04%), Vitamin B2: 0.46mg (26.8%), Vitamin B3: 4.75mg (23.76%), Potassium: 680.53mg (19.44%), Vitamin B5: 1.8mg (18.01%), Vitamin B6: 0.35mg (17.51%), Copper: 0.34mg (17.12%), Phosphorus: 149mg (14.9%), Magnesium: 57.77mg (14.44%), Selenium: 9.26µg (13.23%), Fiber: 3.26g (13.05%), Iron: 1.97mg (10.95%), Vitamin E: 1.27mg (8.48%), Zinc: 1.2mg (7.99%), Vitamin B1: 0.12mg (7.77%), Calcium: 58.86mg (5.89%), Vitamin D: 0.34µg (2.27%)