



## Hand-Hacked Pot Stickers

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon canola oil divided
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 2 cups less-sodium chicken broth fat-free divided
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup green onions minced
- ☐ 0.3 pound ground pork lean
- ☐ 1 tablespoon soya sauce low-sodium

- ☐ 1 cup napa cabbage chinese chopped ( )
- ☐ 1 Dash pepper white
- ☐ 24 gyoza skins
- ☐ 0.3 pound shrimp deveined peeled chopped
- ☐ 1 cup pkt spinach chopped

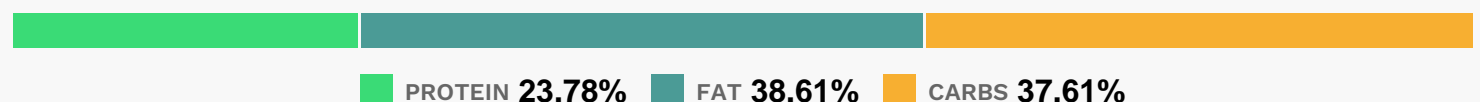
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

## Directions

- ☐ Combine first 10 ingredients in a bowl. Working with 1 wonton wrapper at a time (cover the remaining wrappers with a damp towel to prevent drying), spoon about 1 heaping teaspoon filling into the center of each wrapper. Moisten edges of wrapper with water. Fold in half, pinching the edges together to seal. Holding the sealed edges of the pot sticker between the thumb and first two fingers of each hand, form 3 to 4 pleats along the seal.
- ☐ Place dumpling, seam side up, on a platter. Repeat with remaining filling and wrappers to form 24 pot stickers.
- ☐ Heat 1 1/2 teaspoons canola oil in a large nonstick skillet.
- ☐ Arrange 12 pot stickers, seam sides up, in pan, and cook for 30 seconds or until browned.
- ☐ Add 1 cup of chicken broth to pan; cover and cook 5 minutes. Uncover and cook about 1 minute or until liquid evaporates.
- ☐ Remove the pot stickers from pan; cover and keep warm. Repeat procedure with the remaining 1 1/2 teaspoons canola oil, 12 pot stickers, and 1 cup of broth.
- ☐ Garnish with green onion strips, if desired.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:17.63, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:8.0599999427795%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 153.95kcal (7.7%), Fat: 6.57g (10.1%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 14.39g (4.8%), Net Carbohydrates: 13.64g (4.96%), Sugar: 0.33g (0.37%), Cholesterol: 38.45mg (12.82%), Sodium: 464.81mg (20.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.2%), Vitamin K: 29.96µg (28.53%), Vitamin B1: 0.27mg (18.05%), Selenium: 12.53µg (17.9%), Vitamin B3: 2.47mg (12.36%), Manganese: 0.25mg (12.31%), Phosphorus: 98.97mg (9.9%), Folate: 38.6µg (9.65%), Vitamin B2: 0.16mg (9.53%), Vitamin A: 417.58IU (8.35%), Iron: 1.32mg (7.32%), Vitamin B6: 0.14mg (6.8%), Copper: 0.12mg (6.24%), Zinc: 0.86mg (5.75%), Vitamin C: 4.73mg (5.73%), Potassium: 191.98mg (5.49%), Magnesium: 20.32mg (5.08%), Vitamin B12: 0.25µg (4.17%), Calcium: 40.85mg (4.08%), Fiber: 0.76g (3.03%), Vitamin E: 0.42mg (2.83%), Vitamin B5: 0.23mg (2.28%)