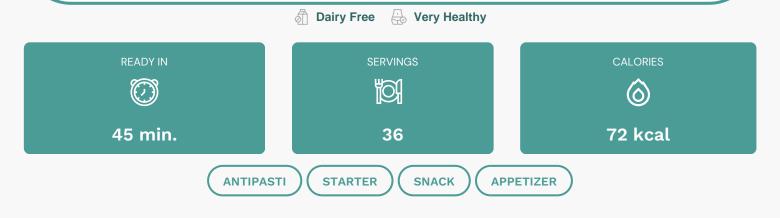


# Jade Dumplings with Soy-Sesame Dipping Sauce



## Ingredients

36 servings flour
12 ounces asparagus fresh trimmed quartered
0.3 teaspoon kosher salt
1 tablespoon ginger fresh minced
1 garlic clove peeled
1 spring onion very thinly sliced
3 spring onion quartered

	1 teaspoon sesame oil
	2 tablespoons rice vinegar
	36 servings the of 1 cos lettuce
	1 teaspoon soya sauce
	8 ounce water chestnuts whole drained canned
	36 wonton wrappers
Equipment	
	food processor
	bowl
	baking sheet
	pot
Directions	
	Stir all ingredients in small bowl to blend.
	Finely mince ginger and garlic in food processor.
	Add asparagus and next 5 ingredients; using on/off turns, process until asparagus is finely chopped but not pureed.
	Sprinkle baking sheet with flour.
	Place 1 wonton wrapper on work surface. Spoon 2 teaspoons asparagus mixture into center. Moisten edges of wrapper with water; gather corners together over filling. Twist edges of wrapper together, enclosing filling completely.
	Place dumpling on baking sheet. Repeat with remaining wrappers and filling. (Sauce and dumplings can be made 8 hours ahead. Cover separately and chill.)
	Place steamer rack in large pot.
	Pour enough water into pot to reach depth of 1/2 inch. Line steamer rack with lettuce leaves. Bring water to simmer. Working in batches, arrange dumplings side by side (but not touching) on rack. Cover and steam 15 minutes.
	Serve dumplings with dipping sauce.

## **Nutrition Facts**

#### **Properties**

Glycemic Index:7.81, Glycemic Load:4.23, Inflammation Score:-10, Nutrition Score:14.485217556924%

#### **Flavonoids**

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Quercetin: 3.33mg, Querce

### Nutrients (% of daily need)

Calories: 72.33kcal (3.62%), Fat: 0.57g (0.88%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 14.61g (4.87%), Net Carbohydrates: 12g (4.36%), Sugar: 1.49g (1.66%), Cholesterol: 0.68mg (0.22%), Sodium: 76.52mg (3.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Vitamin A: 7489.29IU (149.79%), Vitamin K: 93.87µg (89.4%), Folate: 142.16µg (35.54%), Manganese: 0.26mg (13.06%), Vitamin B1: 0.17mg (11.64%), Fiber: 2.61g (10.43%), Iron: 1.74mg (9.66%), Vitamin B2: 0.14mg (8.21%), Selenium: 5.31µg (7.59%), Potassium: 260mg (7.43%), Vitamin B3: 1.26mg (6.3%), Vitamin C: 4.34mg (5.26%), Vitamin B6: 0.1mg (4.76%), Phosphorus: 47.42mg (4.74%), Copper: 0.09mg (4.62%), Magnesium: 17.32mg (4.33%), Calcium: 36.58mg (3.66%), Zinc: 0.4mg (2.65%), Vitamin B5: 0.2mg (1.98%), Vitamin E: 0.28mg (1.87%)