



## Jade Dumplings with Soy-Sesame Dipping Sauce

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



36

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## 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



 **PROTEIN 15.43%**  **FAT 6.87%**  **CARBS 77.7%**

## 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, Isorhamnetin: 0.54mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

## 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: 0g (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%)