



Japanese Gyoza Pot Stickers

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



464 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black
- 1.5 cups cabbage
- 6 servings sesame oil hot
- 3 ginger dried grated
- 3 spring onion chopped
- 0.8 pound ground beef (or pork)
- 6 servings salad oil
- 1 tablespoon sesame oil

- 1 tablespoon soya sauce
- 6 servings soya sauce
- 1 tablespoon cooking wine
- 1 oz wonton wrappers
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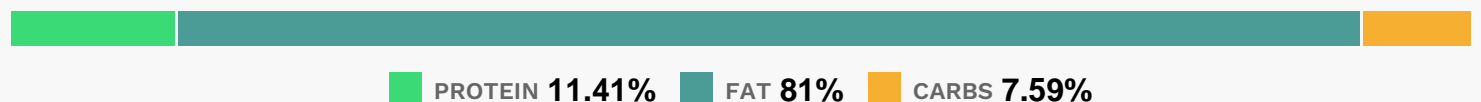
Equipment

- bowl
- frying pan
- pot
- colander

Directions

- Chop cabbage fine, place in colander and pour boiling water over the cabbage. Cool to touch, then squeeze cabbage well to get the water out. In a bowl mix cabbage, chopped green onions, chopped mushrooms and grated ginger.
- Mix ground beef, wine, soy sauce, sesame oil and black pepper together with vegetables; mix well.
- Place a small amount of filling (about 1 teaspoon) in center of gyoza wrapping and fold in half. Pleat edge to seal. If edges won't stick together, dampen the inside edge with a little water, then pleat. Put 2 tablespoon salad oil in. Then, at edge of pan, pour in a little water, up to 1/4 of the depth of the pot-stickers. Cover, turn heat to low and simmer until water is gone.
- Mix soy sauce with chili sesame oil. Use a proportion of 10 parts soy sauce to 1 part oil; if you use a 5 to 1 proportion it may be a little hot for most people. The authentic sauce is a 2 to 1 proportion.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.6, Inflammation Score:-3, Nutrition Score:10.637391304348%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Taste

Sweetness: 26.39%, Saltiness: 74.37%, Sourness: 16.37%, Bitterness: 21.85%, Savoriness: 39.2%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 463.64kcal (23.18%), Fat: 41.89g (64.45%), Saturated Fat: 7.74g (48.4%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 7.82g (2.84%), Sugar: 1.14g (1.26%), Cholesterol: 41.11mg (13.7%), Sodium: 1269.81mg (55.21%), Alcohol: 0.26g (1.44%), Protein: 13.28g (26.55%), Vitamin K: 39.08µg (37.22%), Vitamin B12: 1.22µg (20.25%), Vitamin E: 2.98mg (19.87%), Vitamin B3: 3.84mg (19.21%), Zinc: 2.6mg (17.32%), Selenium: 11.46µg (16.37%), Phosphorus: 133.13mg (13.31%), Vitamin B6: 0.26mg (13.03%), Iron: 2.13mg (11.81%), Manganese: 0.23mg (11.5%), Vitamin B2: 0.17mg (9.72%), Vitamin C: 7.71mg (9.34%), Potassium: 269.77mg (7.71%), Folate: 27.67µg (6.92%), Vitamin B1: 0.1mg (6.73%), Magnesium: 25.15mg (6.29%), Copper: 0.09mg (4.72%), Vitamin B5: 0.42mg (4.17%), Fiber: 1.02g (4.09%), Calcium: 31.3mg (3.13%), Vitamin A: 78.75IU (1.57%)