



## Jiaozi Dumplings

 Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon ginger fresh minced
- 60 wonton wrappers (purchased premade, or see sub-recipe)
- 2 tablespoons soy sauce light
- 2 teaspoons rice wine dry
- 2 teaspoons sesame oil toasted
- 11 ounces ground pork
- 60 servings rice vinegar black chinese for dipping
- 0.5 teaspoon salt

- 0.5 cup spring onion minced
- 0.1 teaspoon pepper black freshly ground
- 2.5 cups napa cabbage minced

## Equipment

- bowl
- mixing bowl
- pot
- slotted spoon
- colander
- chopsticks

## Directions

- To make the filling, toss the cabbage and salt together in a large bowl and let sit for 15 minutes.
- Drain the cabbage in a colander over a sink and use your hands to squeeze out excess moisture.
- In a large mixing bowl, combine the cabbage, pork, soy sauce, rice wine, sesame oil, ginger, green onions, and pepper. Stir in one direction with a chopstick until just mixed.
- To form the dumplings, rest a wrapper in the palm of your hand and place a heaping teaspoon of filling in the center. Dip your finger in a bowl of water and run it around the edge to help make a good seal. Lightly fold the wrapper over on itself but don't touch the edges together. Starting at one end, use your fingers to make a small pleat on the side of the wrapper closed to you, then press the pleat into the other side and pinch together firmly. Keep making pleats down the dumpling opening in this way until completely sealed. Repeat this process with the remaining filling and wrappers.
- Bring a large pot of water to a boil. Drop half of the dumplings into the water and stir once so they don't stick together. When the water boils again, add 1 cup of cold water to the pot. Then when it boils again, add 3 cups of cold water. The third time the water boils, the dumplings are cooked.
- Remove them with a slotted spoon and repeat with the remaining dumplings.
- Serve immediately with small bowls of Chinese black rice vinegar for dipping.

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## Nutrition Facts



**PROTEIN 18.53%** **FAT 32.67%** **CARBS 48.8%**

### Properties

Glycemic Index:2.93, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.6534782431048%

### Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

### Nutrients (% of daily need)

Calories: 38.97kcal (1.95%), Fat: 1.36g (2.09%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 4.36g (1.58%), Sugar: 0.08g (0.09%), Cholesterol: 4.42mg (1.47%), Sodium: 99.23mg (4.31%), Alcohol: 0.03g (100%), Alcohol %: 0.15% (100%), Protein: 1.73g (3.46%), Vitamin B1: 0.08mg (5.27%), Selenium: 3.45µg (4.93%), Vitamin B3: 0.67mg (3.37%), Manganese: 0.06mg (3.11%), Vitamin K: 3.11µg (2.96%), Vitamin B2: 0.04mg (2.57%), Folate: 9.86µg (2.46%), Iron: 0.34mg (1.87%), Phosphorus: 17.41mg (1.74%), Vitamin B6: 0.03mg (1.56%), Vitamin C: 1.05mg (1.27%), Zinc: 0.18mg (1.21%)