



Kimchi Mandu (Korean Kimchi Dumplings)

 Dairy Free

READY IN



55 min.

SERVINGS



70

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 300 g kimchi – and into pieces drained chopped
- ☐ 400 g beef minced
- ☐ 160 g chives chopped
- ☐ 1 Tbs fish sauce
- ☐ 0.5 bulb garlic minced
- ☐ 1 Tbs soya sauce light
- ☐ 1 cup mushrooms – soaked until soften dried chinese cut into small pieces
- ☐ 0.5 cup onions finely chopped

- ☐ 1 Tbs oyster sauce
- ☐ 200 g fatty pork minced
- ☐ 0.5 Tbs pepper powder white
- ☐ 1 Tbs sesame oil
- ☐ 80 g spring onion diced
- ☐ 1 Tbs sugar
- ☐ 170 g spicy tofu crushed
- ☐ 70 dumpling skin/ wonton wrappers

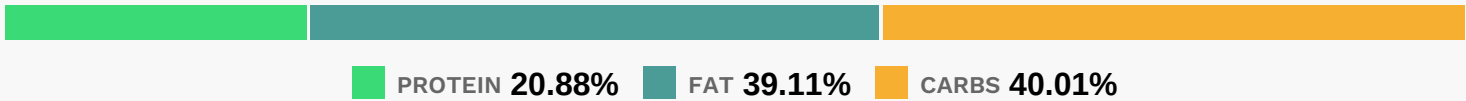
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix together all ingredients except the dumpling skin in a large bowl. I usually pan fry about 1 tsp of the mixture after this, and taste to check for extra necessary seasonings.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:2.5921739040186%

Flavonoids

Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 51.33kcal (2.57%), Fat: 2.22g (3.41%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 4.74g (1.72%), Sugar: 0.38g (0.42%), Cholesterol: 6.79mg (2.26%), Sodium: 111.71mg (4.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Vitamin K: 9.24µg (8.8%), Selenium: 3.9µg (5.57%), Vitamin B3: 0.91mg (4.56%), Vitamin B1: 0.07mg (4.47%), Vitamin B2: 0.06mg (3.7%), Iron: 0.6mg (3.35%),

Manganese: 0.07mg (3.29%), Folate: 13.02µg (3.26%), Zinc: 0.39mg (2.62%), Phosphorus: 24.92mg (2.49%),
Vitamin B6: 0.05mg (2.47%), Vitamin B12: 0.15µg (2.44%), Vitamin A: 116.18IU (2.32%), Vitamin C: 1.7mg (2.05%),
Potassium: 53.75mg (1.54%), Fiber: 0.36g (1.44%), Magnesium: 5.65mg (1.41%), Copper: 0.03mg (1.38%), Calcium:
13.05mg (1.31%)