



Make-Ahead Pork Dumplings



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cornstarch
- ☐ 0.5 cup fat-skimmed beef broth fat-free reduced-sodium
- ☐ 1 tablespoons ginger fresh minced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 spring onion diced
- ☐ 12 ounce sausage meat
- ☐ 1.5 pounds pork loin boneless lean cut into chunks
- ☐ 32 ounce wonton skins

- ☐ 1.5 teaspoons salt
- ☐ 1 teaspoon sesame oil
- ☐ 2 teaspoons soya sauce
- ☐ 4 tablespoons sugar
- ☐ 1 teaspoon teriyaki sauce
- ☐ 15 water chestnuts finely chopped

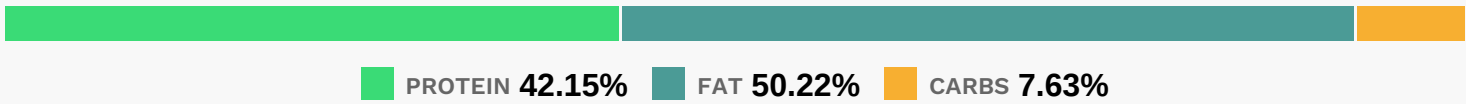
Equipment

- ☐ food processor
- ☐ baking sheet

Directions

- ☐ Process pork loin in a food processor until finely chopped.
- ☐ Combine pork loin, pork sausage, and next 11 ingredients.
- ☐ Cut corners from wonton skins to form circles. Drop 1 teaspoon mixture onto middle of each skin. Gather up skin sides, letting dough pleat naturally. Lightly squeeze the middle while tapping the bottom on a flat surface so it will stand upright.
- ☐ Arrange dumplings in a bamboo steam basket over boiling water. Cover and steam 20 to 25 minutes.
- ☐ Serve with sauces, if desired.
- ☐ Note: To freeze, arrange dumplings on a baking sheet; freeze for 2 hours.
- ☐ Place in zip-top freezer bags; label and freeze for up to 3 mounths. To cook dumplings from frozen state, steam for 22 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:1.92, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:1.2004347748083%

Flavonoids

Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 74.73kcal (3.74%), Fat: 4.04g (6.21%), Saturated Fat: 1.39g (8.68%), Carbohydrates: 1.38g (0.46%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.55g (0.61%), Cholesterol: 15.35mg (5.12%), Sodium: 240.21mg (10.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.25%), Vitamin K: 3.48µg (3.31%), Vitamin B6: 0.07mg (3.3%), Vitamin B3: 0.57mg (2.87%), Selenium: 1.95µg (2.79%), Vitamin B1: 0.04mg (2.69%), Phosphorus: 21.01mg (2.1%), Zinc: 0.21mg (1.39%), Potassium: 39.42mg (1.13%), Iron: 0.2mg (1.11%), Vitamin B12: 0.07µg (1.1%), Vitamin B2: 0.02mg (1.09%)