



# Momos

 Dairy Free

READY IN



160 min.

SERVINGS



8

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 teaspoons active yeast dry
- 8 servings pepper black freshly ground
- 1 pint cherry tomatoes organic
- 1 tablespoon cumin seeds dried
- 3 cups flour organic for surface
- 0.5 cup cilantro leaves fresh chopped
- 3 tablespoon cilantro leaves fresh chopped
- 0.5 cup optional: dill fresh chopped

- 1 tablespoon optional: dill fresh chopped
- 5 cloves garlic chopped
- 1 bunch green onions chopped (green part only)
- 2 pounds pd of ground turkey free-range
- 1 tablespoon olive oil
- 2 tablespoons olive oil for bowl
- 0.5 teaspoon salt
- 1 teaspoon salt
- 1.5 teaspoons salt
- 3 large shallots chopped
- 1 cup warm water (105 to 115 degrees F)
- 2 tablespoons white wine

## Equipment

- food processor
- bowl
- frying pan
- knife
- blender
- cookie cutter
- pastry cutter

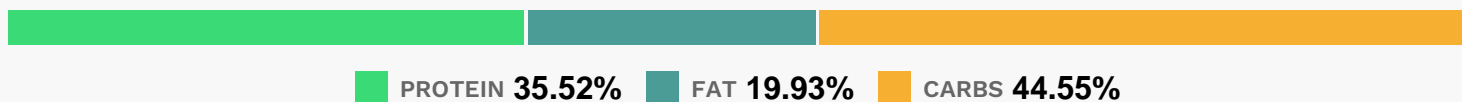
## Directions

- Special equipment: steamer
- Pour the water into a large bowl and then sprinkle the yeast over the top.
- Let stand until the mixture is foamy, about 10 minutes.
- Roll out dough until very thin (about 1/8-inch thick). With a pastry cutter, cookie cutter, or knife, cut out 3-inch to 3 1/2-inch circles. Put a small spoonful of filling in the middle of each circle. Fold the dough over while holding it in 1 hand, and use your other hand to pinch the

edges and seal the half-moon shaped dumpling. If the dough sticks to your fingers, use a little oil on your hands.

- Heat the water for your steamer and oil the insert's surface. Steam the momos, a few at a time, so that they don't touch each other. Steam until the dough looks transparent, about 5 minutes.
- Serve immediately with the Dipping Sauce on the side.
- Heat the white wine in a medium skillet over medium heat.
- Add the garlic, shallots, and cumin and cook until very lightly sauteed; set aside.
- Heat the olive oil in another medium skillet over high heat.
- Add the tomatoes and cook on high heat until they split open and their juice comes out.
- Add the salt, cilantro, and dill.
- Saute for another minute and remove the pan from the heat.
- Let cool to room temperature.
- Transfer everything to a food processor or a blender and process until fairly smooth.
- Serve sauce on the side.

## Nutrition Facts



## Properties

Glycemic Index:39.13, Glycemic Load:26.55, Inflammation Score:-8, Nutrition Score:23.799999983414%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

## Nutrients (% of daily need)

Calories: 377.93kcal (18.9%), Fat: 8.34g (12.83%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 41.94g (13.98%), Net Carbohydrates: 39.23g (14.27%), Sugar: 2.49g (2.77%), Cholesterol: 62.37mg (20.79%), Sodium: 945.45mg (41.11%),

Alcohol: 0.39g (100%), Alcohol %: 0.17% (100%), Protein: 33.44g (66.89%), Vitamin B3: 14.86mg (74.31%), Selenium: 41.83µg (59.75%), Vitamin B6: 1.13mg (56.63%), Vitamin B1: 0.65mg (43.28%), Folate: 149.43µg (37.36%), Phosphorus: 351.21mg (35.12%), Manganese: 0.54mg (27.2%), Vitamin B2: 0.45mg (26.24%), Iron: 4.44mg (24.69%), Vitamin C: 18.3mg (22.18%), Zinc: 2.68mg (17.87%), Potassium: 621.26mg (17.75%), Vitamin B5: 1.55mg (15.52%), Magnesium: 57.95mg (14.49%), Vitamin K: 15.06µg (14.35%), Vitamin A: 666.28IU (13.33%), Copper: 0.22mg (11.05%), Fiber: 2.71g (10.86%), Vitamin B12: 0.58µg (9.66%), Vitamin E: 1.27mg (8.47%), Calcium: 42.66mg (4.27%), Vitamin D: 0.45µg (3.02%)