



New Year's Dumpling Delight

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



254 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 large carrots thinly sliced
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 garlic clove minced
- ☐ 0.8 cup spring onion minced
- ☐ 2 tablespoons spring onion minced
- ☐ 10 ounce ground pork
- ☐ 1.3 cups leek thinly sliced (1 large)

- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup soy sauce low-sodium
- ☐ 1 tablespoon soy sauce low-sodium
- ☐ 3.5 cups napa cabbage shredded chinese ()
- ☐ 1 to 5 chilies red hot minced
- ☐ 2 tablespoons rice vinegar
- ☐ 1 tablespoon rice wine (rice wine)
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sesame oil
- ☐ 3 ounces mushroom caps thinly sliced
- ☐ 40 wonton wrappers

Equipment

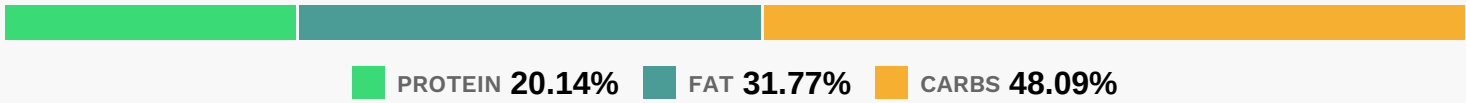
- ☐ bowl
- ☐ pot

Directions

- ☐ To prepare dipping sauce, combine first 7 ingredients. Cover and refrigerate.
- ☐ To prepare dumplings, combine pork and next 10 ingredients (pork through black pepper) in a large bowl.
- ☐ Working with 1 won ton wrapper at a time (cover remaining wrappers with a damp towel to keep from drying), spoon about 2 teaspoons pork mixture into center of each wrapper. Moisten edges of wrapper with water; bring 2 opposite corners to center, pinching points to seal. Bring remaining 2 corners to center, pinching points to seal. Pinch 4 edges together to seal.
- ☐ Place dumplings, seam sides up, on carrot slices (cover loosely with a damp towel to keep them from drying).
- ☐ Arrange half of dumplings in a single layer in a bamboo or vegetable steamer. Steam dumplings, covered, for 10 minutes.
- ☐ Remove dumplings from steamer; place on a platter. Keep warm. Repeat procedure with remaining dumplings.

- ☐
- Serve with dipping sauce.
- ☐
- Note: If you don't have a steamer, use a heat-proof plate. Set it on top of a heat-proof bowl placed in the bottom of a pot filled with 2 inches of water. Cover and steam.

Nutrition Facts



Properties

Glycemic Index:47.35, Glycemic Load:1.93, Inflammation Score:-10, Nutrition Score:18.4504349452%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 253.53kcal (12.68%), Fat: 8.9g (13.69%), Saturated Fat: 3g (18.76%), Carbohydrates: 30.3g (10.1%), Net Carbohydrates: 27.65g (10.06%), Sugar: 2.88g (3.2%), Cholesterol: 28.89mg (9.63%), Sodium: 974.57mg (42.37%), Alcohol: 0.3g (100%), Alcohol %: 0.2% (100%), Protein: 12.69g (25.38%), Vitamin A: 3514.97IU (70.3%), Vitamin K: 46.66µg (44.44%), Vitamin B1: 0.51mg (33.94%), Selenium: 20.6µg (29.43%), Vitamin C: 23.81mg (28.86%), Manganese: 0.55mg (27.62%), Vitamin B3: 4.7mg (23.48%), Folate: 91.02µg (22.75%), Vitamin B2: 0.34mg (19.87%), Vitamin B6: 0.39mg (19.45%), Phosphorus: 163.44mg (16.34%), Iron: 2.56mg (14.2%), Potassium: 449.7mg (12.85%), Magnesium: 43.63mg (10.91%), Fiber: 2.65g (10.59%), Zinc: 1.51mg (10.04%), Calcium: 78.92mg (7.89%), Copper: 0.15mg (7.71%), Vitamin B5: 0.6mg (5.98%), Vitamin B12: 0.26µg (4.26%), Vitamin E: 0.47mg (3.17%)