



Open flower dumplings

READY IN



55 min.

SERVINGS



24

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 small sheets dough
- ☐ 4 tbsp butter melted
- ☐ 1 tbsp vegetable oil; peanut oil preferred
- ☐ 3 garlic clove finely chopped
- ☐ 1 carrots shredded peeled finely
- ☐ 0.5 cabbage shredded green
- ☐ 220 g bamboo skewers drained finely chopped canned
- ☐ 100 g pack chestnut mushroom sliced
- ☐ 3 tbsp oyster sauce

- ☐ 2 tbsp soy sauce light
- ☐ 1 bunch chives snipped

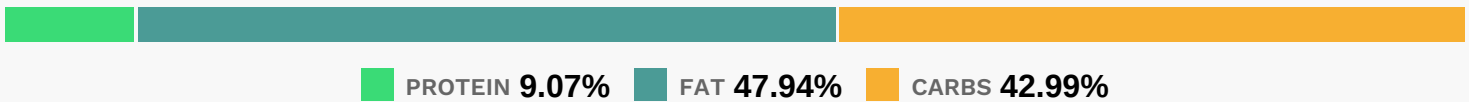
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wok
- ☐ kitchen towels
- ☐ mini muffin tray

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Sandwich 3 sheets of filo together, brushing with melted butter between each layer, then repeat with the rest of the filo. Using a 7cm round cutter, cut out 24 circles.
- ☐ Brush the holes of a non-stick mini muffin tin with melted butter, then press the circles into the holes (you may need to make these in batches just keep the rest of the filo circles covered with a damp tea towel until ready to cook).
- ☐ Bake for 15 mins until golden brown. Can be stored in an airtight container for up to a day.
- ☐ To serve, return the filo cases to a warm oven to heat through.
- ☐ Heat the oil in a wok or frying pan over medium heat. Fry the garlic for a few secs, add the carrot, cabbage and bamboo shoots, then stir-fry for 2 mins. Stir in the mushrooms, oyster and soy sauce for 1 min more, remove from the heat, then add the chives. Season with some pepper, then spoon into the cases and serve the dumplings immediately.

Nutrition Facts



Properties

Glycemic Index:12.53, Glycemic Load:1.83, Inflammation Score:-4, Nutrition Score:3.5395652288166%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 54.33kcal (2.72%), Fat: 2.99g (4.59%), Saturated Fat: 1.43g (8.96%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 5.16g (1.88%), Sugar: 1.02g (1.13%), Cholesterol: 5.09mg (1.7%), Sodium: 200.97mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin K: 15.42µg (14.69%), Vitamin A: 510.77IU (10.22%), Vitamin C: 7.39mg (8.96%), Manganese: 0.1mg (5.18%), Selenium: 3.04µg (4.34%), Folate: 17.07µg (4.27%), Vitamin B1: 0.06mg (4.01%), Vitamin B2: 0.06mg (3.68%), Fiber: 0.86g (3.45%), Vitamin B3: 0.63mg (3.14%), Vitamin B6: 0.05mg (2.72%), Copper: 0.05mg (2.5%), Iron: 0.42mg (2.34%), Potassium: 78.52mg (2.24%), Phosphorus: 22.13mg (2.21%), Vitamin E: 0.25mg (1.69%), Vitamin B5: 0.15mg (1.51%), Magnesium: 5.29mg (1.32%), Calcium: 13.09mg (1.31%), Zinc: 0.2mg (1.31%)