



Oriental Pork Wrappers

 Dairy Free

READY IN



39 min.

SERVINGS



24

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon garlic minced
- 2 spring onion minced
- 1 tablespoon hoisin sauce
- 12 ounce pork sausage
- 1 tablespoon soya sauce
- 24 square wonton wrappers
- 24 square wonton wrappers

Equipment

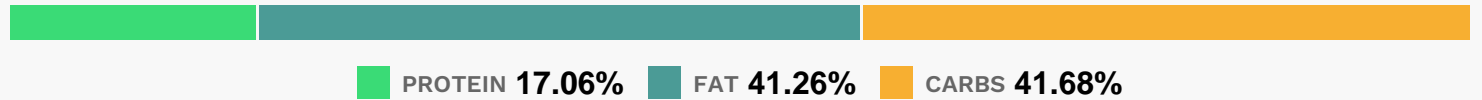
bowl

pot

Directions

- In a medium bowl, combine the sausage, green onions, soy sauce, hoisin sauce, and garlic.
- Place 8 wonton wrappers on a clean surface and brush edges with water.
- Place 1 tablespoon of pork mixture in center of each wrapper. Gather edges of wrapper together over filling. Press edges of wrapper together, enclosing the filling completely. Repeat with remaining wrappers and filling.
- Place a collapsible metal steamer rack in a large wide pot. Fill pot with 1/2-inch water. Spray steamer rack with nonstick spray. Bring water to a simmer. Working in batches, arrange dumplings on rack 1-inch apart. Cover pot with lid and steam dumplings until cooked thoroughly, about 8 minutes. Watch the water level and add more as needed.
- Transfer dumplings to a platter and serve with dipping sauces.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.6834782459166%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 89.07kcal (4.45%), Fat: 4.01g (6.17%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 9.11g (3.04%), Net Carbohydrates: 8.79g (3.2%), Sugar: 0.22g (0.24%), Cholesterol: 11.58mg (3.86%), Sodium: 228.82mg (9.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Vitamin B1: 0.12mg (7.86%), Vitamin B3: 1.52mg (7.62%), Selenium: 4.26µg (6.09%), Manganese: 0.1mg (5.22%), Vitamin B2: 0.08mg (4.56%), Iron: 0.7mg (3.9%), Folate: 13.97µg (3.49%), Phosphorus: 32.98mg (3.3%), Zinc: 0.42mg (2.83%), Vitamin B6: 0.05mg (2.56%), Vitamin B12: 0.12µg (2.06%), Vitamin K: 2.13µg (2.03%), Copper: 0.03mg (1.71%), Potassium: 52.85mg (1.51%), Magnesium: 5.66mg (1.42%), Fiber: 0.32g (1.29%), Vitamin D: 0.18µg (1.23%), Vitamin B5: 0.1mg (1.03%)