



Pan-Fried Chicken Dumplings with Sweet and Spicy Dipping Sauce

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound ground chicken
- ☐ 1 teaspoon hot sauce
- ☐ 0.5 cup ponzu (available in the Asian section of most markets)
- ☐ 1 scallion chopped
- ☐ 0.5 teaspoon stir-fry seasoning mix
- ☐ 1 tablespoon stir-fry seasoning mix
- ☐ 2 tablespoons vegetable oil

☐ 12 ounce round wonton wrappers

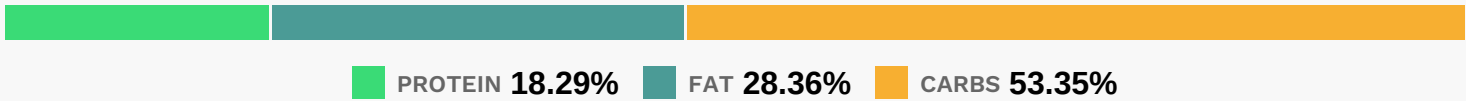
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ For the dipping sauce: In a small bowl, stir together the ponzu, hot sauce and stir-fry seasoning.
- ☐ For the wontons: In a bowl, add the chicken, scallions and stir-fry seasoning.
- ☐ Mix with a spoon until well combined.
- ☐ Put a wonton wrapper onto your work surface. (Keep the wonton wrappers covered with a damp towel so they don't dry out.)
- ☐ Place 1 heaping teaspoon chicken mixture in the center of the wrapper. Coat the edges of the wrapper with a little water using your finger or a brush. Fold the circle to form a half moon, pressing out any air bubbles Set aside, covered with a damp towel, while you make the rest.
- ☐ When you are ready to cook, place a large, nonstick skillet fitted with a lid over medium-high heat and add the vegetable oil. When the oil is hot, place the wontons in a single layer in the pan; they should be close together but not touching. Depending on the size of the skillet, you may need to cook the dumplings off in 2 or 3 batches. Cook, uncovered, until the bottoms are browned, about 4 minutes. Lower the heat to medium-low, carefully pour in 2 tablespoons water and immediately cover the pan with a lid. Cook until the wontons are tender, about 5 minutes.
- ☐ Remove from the pan and serve hot with the dipping sauce.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:11.805652094924%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 273.96kcal (13.7%), Fat: 8.57g (13.19%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 36.3g (12.1%), Net Carbohydrates: 34g (12.36%), Sugar: 0.17g (0.19%), Cholesterol: 37.61mg (12.54%), Sodium: 812.61mg (35.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.45g (24.89%), Vitamin K: 30.67µg (29.21%), Selenium: 19.99µg (28.55%), Vitamin B3: 5.33mg (26.64%), Manganese: 0.51mg (25.74%), Vitamin B1: 0.34mg (22.79%), Vitamin B2: 0.32mg (18.99%), Iron: 3.31mg (18.37%), Folate: 57.27µg (14.32%), Vitamin B6: 0.24mg (12.14%), Phosphorus: 118.28mg (11.83%), Fiber: 2.3g (9.19%), Potassium: 286.51mg (8.19%), Calcium: 76.33mg (7.63%), Zinc: 1.04mg (6.96%), Magnesium: 27.47mg (6.87%), Vitamin E: 1.01mg (6.73%), Copper: 0.13mg (6.4%), Vitamin B5: 0.46mg (4.56%), Vitamin B12: 0.22µg (3.72%), Vitamin A: 77.87IU (1.56%), Vitamin C: 0.94mg (1.14%)