



Pan-Seared Dumpling Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 1 cup edamame frozen shelled
- ☐ 2 tablespoons ginger grated
- ☐ 12 japanese gyoza frozen
- ☐ 4 servings kosher salt
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 3 tablespoons rice vinegar
- ☐ 1 tablespoon sesame oil

- ☐ 2 shallots thinly sliced
- ☐ 2 bunches watercress thick

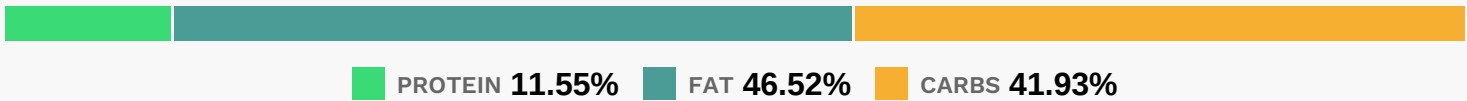
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat 1 tablespoon of the canola oil in a large skillet over medium-high heat.
- ☐ Add the dumplings and cook until browned, 2 to 3 minutes per side.
- ☐ Add 3 tablespoons water and cook, covered, until cooked through, 8 to 10 minutes. Meanwhile, heat the remaining canola oil in another large skillet over medium heat.
- ☐ Add the shallots and cook, stirring occasionally, until soft, 5 to 7 minutes. Stir in the edamame, ginger, and 2 tablespoons water. Reduce heat to low and cook, covered, until the edamame are heated through, about 5 minutes.
- ☐ Remove from heat and add the watercress and 1/2 teaspoon salt and toss until just wilted. Divide among individual bowls and top with the dumplings.
- ☐ Whisk the sesame oil, rice vinegar, and soy sauce in a small bowl and drizzle over each salad.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:6.2613043344539%

Flavonoids

Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 304.64kcal (15.23%), Fat: 16.11g (24.78%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 32.66g (10.89%), Net Carbohydrates: 28.94g (10.52%), Sugar: 4.81g (5.34%), Cholesterol: 2.68mg (0.89%), Sodium: 911.68mg (39.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9g (18%), Vitamin K: 36.82µg (35.07%), Vitamin C: 12.98mg (15.73%), Fiber: 3.72g (14.87%), Iron: 2.33mg (12.93%), Vitamin E: 1.46mg (9.75%), Potassium: 307.04mg (8.77%), Vitamin A: 399.38IU (7.99%), Calcium: 76.54mg (7.65%), Manganese: 0.13mg (6.65%), Vitamin B6: 0.08mg (4.2%), Magnesium: 15.16mg (3.79%), Phosphorus: 36.59mg (3.66%), Vitamin B2: 0.05mg (2.79%), Folate: 11.04µg (2.76%), Copper: 0.04mg (1.76%), Vitamin B1: 0.02mg (1.63%), Vitamin B5: 0.12mg (1.21%), Zinc: 0.17mg (1.15%), Vitamin B3: 0.21mg (1.07%)