



Pork and Cabbage Dumplings



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



36

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 lb ground pork lean
- ☐ 0.8 cup cabbage shredded chinese (napa)
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.3 cup spring onion sliced (4 medium)
- ☐ 2 teaspoons soya sauce
- ☐ 0.5 teaspoon chili puree with garlic
- ☐ 0.3 teaspoon sesame oil dark
- ☐ 108 wonton skins

- ☐ 1 serving spring onion sliced
- ☐ 0.8 cup soya sauce

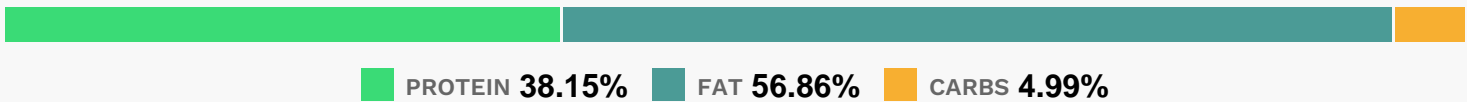
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ In large bowl, mix all ingredients except wonton skins, additional green onions and soy sauce.
- ☐ Cut wonton skins with 3-inch round cutter.
- ☐ Place 1 wonton skin on work surface. (Cover remaining skins with damp paper towel to prevent drying out.) Lightly brush edges of wonton skin with water. Spoon 1 teaspoon filling just below center of skin. Fold wonton skin over filling to form a half moon; press edges to seal well. (Cover filled wontons with damp paper towel to prevent drying out.) Repeat with remaining wonton skins and filling.
- ☐ In Dutch oven, heat 3 quarts water to boiling.
- ☐ Add half of dumplings. Boil 3 to 5 minutes or until edges of wonton skins are clear. Using slotted spoon, remove dumplings from water; drain on paper towels. Repeat with remaining dumplings.
- ☐ Garnish with additional green onions.
- ☐ Serve warm with soy sauce.

Nutrition Facts



Properties

Glycemic Index:4.72, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.2013043553933%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 36.97kcal (1.85%), Fat: 2.3g (3.54%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 0.46g (0.15%), Net Carbohydrates: 0.34g (0.12%), Sugar: 0.16g (0.18%), Cholesterol: 7.39mg (2.46%), Sodium: 347.78mg (15.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.95%), Vitamin K: 3.58µg (3.41%), Vitamin B1: 0.05mg (3.38%), Vitamin B3: 0.49mg (2.44%), Selenium: 1.6µg (2.29%), Vitamin B6: 0.04mg (1.86%), Phosphorus: 18.55mg (1.85%), Manganese: 0.03mg (1.55%), Vitamin B2: 0.02mg (1.43%), Iron: 0.23mg (1.28%), Zinc: 0.17mg (1.12%)