



Pork and Chive Dumplings

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon sriracha (preferably Huy Fong brand)
- ☐ 3 tablespoons chives chinese finely chopped (garlic chives)
- ☐ 3 tablespoons cilantro leaves finely chopped
- ☐ 24 wonton wrappers with egg)
- ☐ 0.5 pound ground pork
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon rice vinegar (not seasoned)
- ☐ 8 servings spring onion thinly sliced

- ☐ 0.3 teaspoon sesame oil
- ☐ 0.5 tablespoon rice wine
- ☐ 2 teaspoons soya sauce
- ☐ 1 pinch pepper white

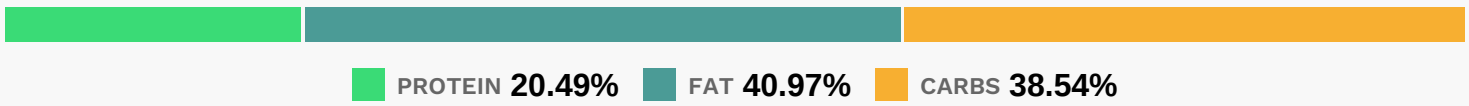
Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Combine all ingredients (except cilantro stems, chives, and wrappers) in a large bowl, then stir in cilantro stems and chives. Set bowl in a larger bowl of ice to keep chilled while forming dumplings.
- ☐ Place a slightly rounded teaspoon of filling in center of a wrapper and moisten area around filling with water. Fold in half to form a crescent and press to seal. Moisten one corner and bring corners together, pressing them, to form a tortellini-shaped dumpling. Repeat with remaining filling and wrappers.
- ☐ Cook dumplings in a large pot of gently simmering water until pork is just cooked, about 3 minutes.
- ☐ Transfer with a slotted spoon to a platter.
- ☐ Dumplings can be formed (but not cooked) 2 hours ahead and chilled; or 1 month ahead and frozen on a tray, then transferred to a freezer bag. Cook frozen dumplings in 3 or 4 batches, 7 to 8 minutes per batch.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:6.2113042719986%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 146.08kcal (7.3%), Fat: 6.49g (9.99%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 13.74g (4.58%), Net Carbohydrates: 13.12g (4.77%), Sugar: 0.24g (0.27%), Cholesterol: 22.44mg (7.48%), Sodium: 390.15mg (16.96%), Alcohol: 0.15g (100%), Alcohol %: 0.31% (100%), Protein: 7.31g (14.61%), Vitamin B1: 0.33mg (21.96%), Selenium: 13.39µg (19.13%), Vitamin K: 15.3µg (14.57%), Vitamin B3: 2.55mg (12.75%), Vitamin B2: 0.16mg (9.43%), Manganese: 0.17mg (8.5%), Phosphorus: 72.84mg (7.28%), Folate: 26.15µg (6.54%), Iron: 1.16mg (6.42%), Vitamin B6: 0.12mg (6.19%), Zinc: 0.82mg (5.47%), Potassium: 123.95mg (3.54%), Vitamin B12: 0.2µg (3.38%), Magnesium: 12.28mg (3.07%), Copper: 0.06mg (2.77%), Fiber: 0.62g (2.5%), Vitamin A: 124.05IU (2.48%), Vitamin C: 2.03mg (2.46%), Vitamin B5: 0.21mg (2.1%), Calcium: 20.52mg (2.05%)