



Pork and Chive Dumplings

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon vietnamese chile-garlic sauce (preferably Huy Fong brand)
- ☐ 3 tablespoons flowering chives chinese finely chopped (garlic chives)
- ☐ 3 tablespoons cilantro stems finely chopped
- ☐ 24 round dumpling wrappers with egg)
- ☐ 1.5 teaspoons ginger finely grated peeled
- ☐ 0.5 pound fatty ground pork
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon rice vinegar (not seasoned)

- ☐ 8 servings garnish: scallions thinly sliced
- ☐ 0.3 teaspoon asian sesame oil
- ☐ 0.5 tablespoon rice wine
- ☐ 2 teaspoons soya sauce
- ☐ 1 pinch pepper white

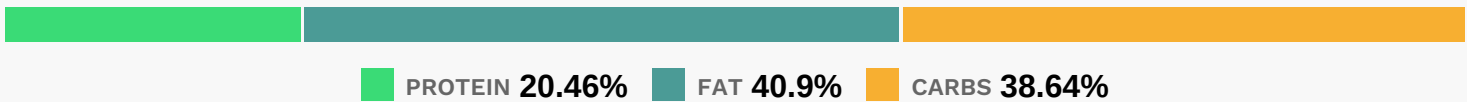
Equipment

- ☐ 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:23.63, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:6.2273912235447%

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: 146.38kcal (7.32%), Fat: 6.49g (9.99%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 13.18g (4.79%), Sugar: 0.25g (0.28%), Cholesterol: 22.44mg (7.48%), Sodium: 390.2mg (16.97%), Alcohol: 0.15g (100%), Alcohol %: 0.31% (100%), Protein: 7.31g (14.62%), Vitamin B1: 0.33mg (21.97%), Selenium: 13.4µg (19.14%), Vitamin K: 15.3µg (14.57%), Vitamin B3: 2.55mg (12.76%), Vitamin B2: 0.16mg (9.44%), Manganese: 0.17mg (8.54%), Phosphorus: 72.97mg (7.3%), Folate: 26.2µg (6.55%), Iron: 1.16mg (6.44%), Vitamin B6: 0.12mg (6.22%), Zinc: 0.82mg (5.48%), Potassium: 125.51mg (3.59%), Vitamin B12: 0.2µg (3.38%), Magnesium: 12.44mg (3.11%), Copper: 0.06mg (2.81%), Fiber: 0.63g (2.53%), Vitamin C: 2.04mg (2.48%), Vitamin A: 124.05IU (2.48%), Vitamin B5: 0.21mg (2.1%), Calcium: 20.58mg (2.06%)