



Pork and Kimchi Dumplings

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 0.3 cup green onions finely chopped
- ☐ 1 tablespoon green onions minced
- ☐ 4 ounces ground pork
- ☐ 2 teaspoons soya sauce low-sodium

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- ☐ 1.5 tablespoons mirin sweet (rice wine)
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- ☐ 24 gyoza skins
- ☐ 1.5 tablespoons rice vinegar
- ☐ 1 teaspoon sesame seed toasted
- ☐ 0.5 cup shiitake mushroom caps finely chopped
- ☐ 0.5 cup shang kimchi finely chopped

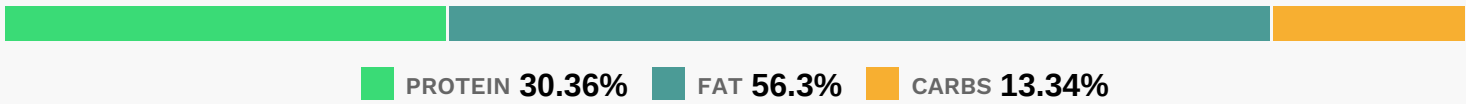
Equipment

- ☐ baking sheet

Directions

- ☐ To prepare dumplings, combine first 10 ingredients. Working with 1 gyoza skin at a time (cover remaining skins to prevent drying), spoon about 1 1/2 teaspoons pork mixture into center of each skin. Moisten edges of skin with water. Fold in half, pinching edges together to seal.
- ☐ Place dumplings, seam sides up, on a baking sheet sprinkled with 1 teaspoon cornstarch (cover loosely with a towel to prevent drying).
- ☐ Arrange half of the dumplings in a single layer in a bamboo or vegetable steamer coated with cooking spray. Steam dumplings, covered, for 10 minutes.
- ☐ Remove dumplings from steamer; keep warm. Repeat procedure with remaining dumplings.
- ☐ To prepare sauce, combine 1 tablespoon onions and remaining ingredients.
- ☐ Serve sauce with dumplings.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:3.7486956132495%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 76.27kcal (3.81%), Fat: 4.49g (6.91%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 1.72g (0.63%), Sugar: 0.55g (0.62%), Cholesterol: 13.06mg (4.35%), Sodium: 362mg (15.74%), Alcohol: 0.65g (100%), Alcohol %: 1.43% (100%), Protein: 5.45g (10.9%), Vitamin K: 11.2µg (10.66%), Vitamin B1: 0.11mg (7.64%), Selenium: 4.81µg (6.88%), Vitamin B3: 1.36mg (6.82%), Vitamin B6: 0.13mg (6.39%), Vitamin B2: 0.1mg (5.92%), Phosphorus: 58.91mg (5.89%), Manganese: 0.08mg (4.12%), Potassium: 134.9mg (3.85%), Zinc: 0.57mg (3.83%), Magnesium: 14.03mg (3.51%), Vitamin B5: 0.33mg (3.34%), Iron: 0.6mg (3.33%), Folate: 12.43µg (3.11%), Fiber: 0.67g (2.69%), Copper: 0.05mg (2.36%), Vitamin B12: 0.1µg (1.65%), Calcium: 13.7mg (1.37%), Vitamin C: 0.87mg (1.05%)