



Pork and Shiitake Pot Stickers

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



310 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons brown sugar
- ☐ 8 servings cornstarch
- ☐ 2 tablespoons sesame oil dark
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 1 tablespoon garlic minced
- ☐ 0.8 cup green onions divided thinly sliced
- ☐ 14 ounces ground pork lean

- ☐ 1 tablespoon hoisin sauce
- ☐ 5 tablespoons lower-sodium soy sauce divided
- ☐ 2 tablespoons rice wine vinegar
- ☐ 4 ounces shiitake mushroom caps thinly sliced
- ☐ 0.3 cup water hot
- ☐ 40 round wonton wrappers
- ☐ 1.5 tablespoons sambal oelek fresh (ground chile paste)

Equipment

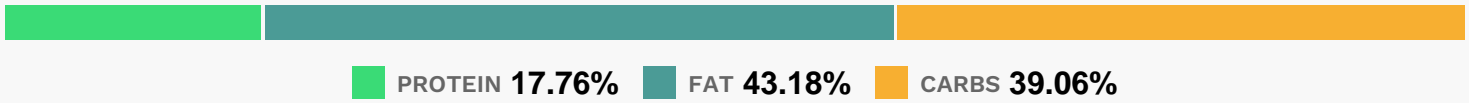
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ pot
- ☐ microwave

Directions

- ☐ Heat a large skillet over high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add 1/2 cup onions, garlic, ginger, and mushrooms; stir-fry 3 minutes.
- ☐ Remove from pan; cool slightly.
- ☐ Combine mushroom mixture, 1 tablespoon soy sauce, hoisin sauce, pepper, and pork in a medium bowl.
- ☐ Arrange 8 gyoza skins on a clean work surface; cover remaining skins with a damp towel to keep them from drying. Spoon about 1 1/2 teaspoons pork mixture in the center of each skin. Moisten edges of skin with water. Fold in half; press edges together with fingertips to seal.
- ☐ Place on a baking sheet sprinkled with cornstarch; cover to prevent drying. Repeat procedure with remaining gyoza skins and pork mixture.
- ☐ Combine 1/4 cup hot water and brown sugar in a small bowl, stirring until sugar dissolves.

- ☐ Add remaining 1/4 cup green onions, remaining 1/4 cup soy sauce, vinegar, and sambal, stirring with a whisk until well combined.
- ☐ Heat a large heavy skillet over high heat. Generously coat pan with cooking spray.
- ☐ Add 10 pot stickers to pan; cook 30 seconds or until browned on one side. Turn pot stickers over; carefully add 1/3 cup water to pan. Cover tightly; steam 4 minutes. Repeat procedure in batches with remaining pot stickers and more water, or follow freezing instructions. After cooking, serve pot stickers immediately with dipping sauce.
- ☐ TO FREEZE: Freeze dumplings flat on a baking sheet sprinkled with cornstarch 10 minutes or until firm.
- ☐ Place in a large zip-top plastic freezer bag with 1 teaspoon cornstarch; toss. Freeze sauce in a small zip-top plastic freezer bag. Freeze up to 2 months.
- ☐ TO THAW: Thaw sauce in the microwave at HIGH in 30-second increments. No need to thaw pot stickers.
- ☐ TO REHEAT: Follow recipe instructions for cooking, placing frozen dumplings in pan and increasing steaming time by 2 minutes.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:11.819130405136%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 310.02kcal (15.5%), Fat: 14.79g (22.75%), Saturated Fat: 4.52g (28.27%), Carbohydrates: 30.09g (10.03%), Net Carbohydrates: 28.6g (10.4%), Sugar: 4.36g (4.84%), Cholesterol: 39.16mg (13.05%), Sodium: 639.75mg (27.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.68g (27.37%), Vitamin B1: 0.57mg (38.28%), Selenium: 24µg (34.29%), Vitamin B3: 4.99mg (24.94%), Vitamin B2: 0.33mg (19.33%), Vitamin K: 20.15µg (19.19%), Manganese: 0.38mg (18.93%), Phosphorus: 157.89mg (15.79%), Vitamin B6: 0.29mg (14.3%), Folate: 47.91µg (11.98%), Iron: 2.13mg (11.86%), Zinc: 1.65mg (10.99%), Potassium: 304.18mg (8.69%), Magnesium: 30.63mg (7.66%), Copper: 0.13mg (6.33%), Vitamin B5: 0.61mg (6.07%), Fiber: 1.49g (5.97%), Vitamin B12: 0.35µg (5.91%), Calcium: 41.32mg (4.13%), Vitamin C: 2.95mg (3.58%), Vitamin A: 109.06IU (2.18%), Vitamin E: 0.16mg (1.06%)