



Pork-and-Shrimp Dumplings

 Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup water chestnuts canned finely chopped
- 1 tablespoon cornstarch
- 2 teaspoons cornstarch
- 1 tablespoon cooking sherry dry
- 1.5 teaspoons gingerroot minced peeled
- 0.3 cup green onions minced
- 0.5 pound ground pork lean
- 0.3 cup low-salt chicken broth

- 32 servings cabbage leaves green steamed
- 0.5 teaspoon salt
- 0.3 pound shrimp minced peeled
- 32 won ton wrappers

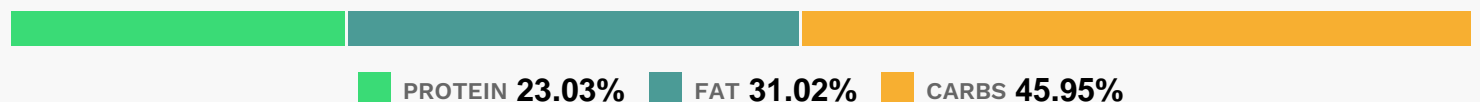
Equipment

- bowl
- frying pan
- baking sheet

Directions

- Combine first 9 ingredients in a medium bowl; stir well, and set aside.
- Working with 1 won ton wrapper at a time (cover the remaining wrappers to keep them from drying out), spoon about 1 tablespoon pork mixture into center of each wrapper. Moisten edges of dough with water, and bring 2 opposite corners to center, pinching points to seal. Bring remaining 2 corners to center, pinching points to seal. Pinch 4 edges together to seal.
- Place dumplings on a large baking sheet sprinkled with 2 teaspoons cornstarch, and cover loosely with a towel to keep from drying out.
- Line a bamboo steamer with steamed cabbage leaves.
- Place dumplings 1/2 inch apart in steamer; cover with steamer lid.
- Add water to a large skillet to a depth of 1 inch; bring to a boil.
- Place steamer in skillet; steam dumplings for 10 minutes.
- Remove dumplings from steamer.

Nutrition Facts



Properties

Glycemic Index:2.94, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.896956504687%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 48.82kcal (2.44%), Fat: 1.65g (2.54%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 5.19g (1.89%), Sugar: 0.18g (0.2%), Cholesterol: 11.48mg (3.83%), Sodium: 88.68mg (3.86%), Alcohol: 0.05g (100%), Alcohol %: 0.23% (100%), Protein: 2.76g (5.52%), Vitamin B1: 0.09mg (6.15%), Selenium: 3.92µg (5.6%), Vitamin B3: 0.77mg (3.84%), Manganese: 0.06mg (2.98%), Phosphorus: 28.42mg (2.84%), Vitamin B2: 0.05mg (2.83%), Iron: 0.4mg (2.24%), Folate: 8.43µg (2.11%), Vitamin B6: 0.04mg (2.08%), Vitamin K: 2.06µg (1.96%), Zinc: 0.29mg (1.91%), Copper: 0.04mg (1.8%), Potassium: 49.21mg (1.41%), Fiber: 0.31g (1.24%), Magnesium: 4.77mg (1.19%)