



Pork and Shrimp Pot Stickers

 Dairy Free

READY IN



105 min.

SERVINGS



10

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon sriracha
- 36 wonton wrappers
- 1 large eggs
- 1 teaspoon ginger freshly grated peeled
- 1 teaspoon granulated sugar
- 0.5 pound ground pork
- 1 teaspoon kosher salt

- 0.5 pound napa cabbage washed finely chopped
- 0.5 pound shrimp raw deveined peeled finely chopped
- 2 teaspoons sherry dry
- 2 medium spring onion light white green finely chopped (and parts only)
- 1 teaspoon sesame oil toasted
- 2 tablespoons soya sauce
- 3 tablespoons rice vinegar
- 6 tablespoons vegetable oil
- 0.8 cup water room-temperature

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- pot
- sieve
- plastic wrap
- tongs

Directions

- Place the cabbage and salt in a fine-mesh strainer and toss with your hands to coat the cabbage with the salt.
- Place the strainer over a large bowl and let it sit for 10 minutes. After 10 minutes, squeeze any liquid from the cabbage with your hands, discard the liquid, and place the cabbage in the bowl used for straining.
- Add the remaining ingredients and, using your hands, mix thoroughly, pressing the mixture against the side of the bowl until it forms a sticky mass. To form and cook: Fill a small bowl with room-temperature water; set aside.

- Lay a wrapper on a clean work surface and place 1 tablespoon of the filling in the center. Dip your finger in the water and trace around the edge of the wrapper to moisten it. Fold the wrapper in half by bringing the bottom up to the top, then pinch the midpoint to seal. To the right of the midpoint, and only on the top side of the wrapper, fold one pleat angling back toward the midpoint. Pinch each pleat to seal. Repeat with a second pleat to the right of your initial pleat. Repeat with a third pleat to the right of your second pleat. Repeat with three pleats to the left of the midpoint, making sure the pot sticker is completely sealed. Lift the pot sticker off the work surface from the midpoint so that the pleats are vertical and facing you, then gently press it down to form a flat bottom.
- Place it on a baking sheet and cover with plastic wrap. Repeat with the remaining filling and wrappers. At this point, the pot stickers can be frozen and cooked later (see "Game plan" note above). In a large nonstick pan, heat 2 tablespoons of the oil over medium-high heat until shimmering.
- Place 12 pot stickers in a circle facing the same direction (they will look like the spokes of a wheel). Fry undisturbed until the bottoms are light golden brown, about 2 to 3 minutes. Reduce the heat to medium and carefully add 1/4 cup of the measured room-temperature water (be careful because the oil may spatter). Cover with a tightfitting lid and cook for 3 minutes. Uncover and, using tongs, turn the pot stickers onto their unpleated sides. Continue cooking until all the water has evaporated, the filling is cooked through, and the unpleated sides are golden brown, about 2 to 3 minutes more.
- Remove the pot stickers to a plate, wipe the skillet clean with paper towels, and repeat in 2 more batches.
- Serve with the reserved dipping sauce.

Nutrition Facts

PROTEIN 17.81% **FAT 53.39%** **CARBS 28.8%**

Properties

Glycemic Index:26.11, Glycemic Load:0.51, Inflammation Score:-3, Nutrition Score:10.045217423335%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 247.98kcal (12.4%), Fat: 14.53g (22.36%), Saturated Fat: 3.35g (20.95%), Carbohydrates: 17.64g (5.88%), Net Carbohydrates: 16.74g (6.09%), Sugar: 0.97g (1.08%), Cholesterol: 65.94mg (21.98%), Sodium: 764.41mg (33.24%), Alcohol: 0.1g (100%), Alcohol %: 0.09% (100%), Protein: 10.91g (21.81%), Selenium: 21.66µg (30.94%), Vitamin K: 31.17µg (29.69%), Vitamin B1: 0.33mg (21.71%), Vitamin B3: 3.11mg (15.54%), Phosphorus: 139.68mg (13.97%), Manganese: 0.26mg (12.98%), Folate: 51.54µg (12.88%), Vitamin B2: 0.2mg (11.84%), Vitamin B6: 0.2mg (10.13%), Vitamin C: 6.86mg (8.31%), Iron: 1.46mg (8.09%), Vitamin B12: 0.46µg (7.67%), Vitamin E: 1.07mg (7.13%), Zinc: 1.06mg (7.07%), Copper: 0.11mg (5.74%), Potassium: 192mg (5.49%), Calcium: 52.57mg (5.26%), Magnesium: 20.79mg (5.2%), Fiber: 0.9g (3.61%), Vitamin A: 175.5IU (3.51%), Vitamin B5: 0.35mg (3.46%)