



Pork Dumplings with Chile-Sesame Sauce

 Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



222 kcal

SIDE DISH

Ingredients

- 0.8 pound baby bok choy finely chopped
- 0.3 cup black bean garlic sauce chinese
- 1 medium carrots shredded (medium)
- 1 teaspoon asian chile-garlic sauce
- 4 teaspoons asian chile-garlic sauce
- 2 tablespoons cornstarch mixed with 1 cup of water
- 2 tablespoons ginger fresh minced
- 4 teaspoons ginger fresh minced

- 4 cloves garlic finely chopped (large)
- 1 pound ground pork
- 12 servings kosher salt
- 0.3 cup soya sauce low-sodium
- 1 cup soya sauce low-sodium
- 2 teaspoons mirin sweet
- 4 teaspoons mirin sweet
- 6 large scallions light green finely chopped (large)
- 0.3 cup sesame oil toasted
- 0.5 pound mushroom caps thinly sliced
- 3 tablespoons vegetable oil
- 2 containers wonton wrappers

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- wok
- wax paper
- slotted spoon
- kitchen scissors

Directions

- In a skillet, heat the oil until shimmering.
- Add the shiitake, scallions, bok choy and carrot; stir-fry over high heat until tender, 5 minutes.
- Add the garlic, ginger, soy sauce, mirin and chile-garlic sauce and cook until the liquid is evaporated, 3 minutes. Season with salt.
- Transfer to a bowl and refrigerate until chilled, 15 minutes.

- Line a large baking sheet with wax paper.
- Add the pork to the filling and mix. On a work surface, brush 3 wonton wrappers with the cornstarch solution; spoon a scant tablespoon of the filling in the center. Fold the wrappers over to form triangles; seal the edges, pressing out any air trapped inside. With scissors, trim the the wrappers, leaving a 1/4-inch rim around the filling.
- Transfer the dumplings to the baking sheet, seam sides up. Keep the dumplings covered with a moist paper towel. Repeat with the remaining wonton wrappers and filling.
- Combine all of the ingredients in a medium bowl.
- Fill a wok or a large skillet with 2 inches of water and bring to a boil. Working in batches, arrange the dumplings in a double-tiered bamboo steamer lined with oiled wax paper; set the steamer over the boiling water. Cover and steam the dumplings until the filling is cooked through and firm, 6 minutes.
- Toss the dumplings in 1 cup of the sauce. Using a slotted spoon, transfer the dumplings to a platter.
- Serve the remaining chile-sesame sauce alongside.

Nutrition Facts

■ PROTEIN **18.37%** ■ FAT **65.47%** ■ CARBS **16.16%**

Properties

Glycemic Index:14.24, Glycemic Load:0.75, Inflammation Score:-9, Nutrition Score:11.679565180903%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 221.9kcal (11.1%), Fat: 16.32g (25.11%), Saturated Fat: 4.16g (25.99%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 7.22g (2.62%), Sugar: 2.95g (3.28%), Cholesterol: 27.23mg (9.08%), Sodium: 1319.95mg (57.39%), Alcohol: 0.25g (100%), Alcohol %: 0.21% (100%), Protein: 10.31g (20.61%), Vitamin A: 2238.16IU (44.76%), Vitamin K: 33.44µg (31.84%), Vitamin B1: 0.3mg (20.25%), Vitamin C: 16.08mg (19.49%), Selenium: 10.83µg (15.47%), Vitamin B3: 2.82mg (14.1%), Phosphorus: 140.28mg (14.03%), Vitamin B6: 0.27mg (13.63%), Vitamin B2: 0.21mg (12.29%), Manganese: 0.21mg (10.52%), Potassium: 322.04mg (9.2%), Zinc: 1.32mg (8.78%), Magnesium: 33.52mg (8.38%), Fiber: 1.85g (7.39%), Iron: 1.32mg (7.32%), Vitamin B5: 0.65mg (6.54%), Folate: 25.38µg (6.34%), Calcium: 57.83mg (5.78%), Vitamin B12: 0.26µg (4.41%), Copper: 0.08mg (3.89%), Vitamin E: 0.56mg (3.72%)