



Pork Dumplings with Tangy Dipping Sauce

 Dairy Free

READY IN



46 min.

SERVINGS



30

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 30 servings barbecue sauce
- 8 ounce water chestnuts drained chopped canned
- 1 tablespoon sesame oil dark
- 2 teaspoons ginger fresh grated peeled
- 2 garlic clove minced
- 0.3 cup spring onion chopped
- 0.5 pound ground pork lean
- 2 tablespoons soy sauce low-sodium

- 1 cup napa cabbage shredded chinese finely ()
- 2 cups water divided
- 16 ounce wonton wrappers (60 wrappers)

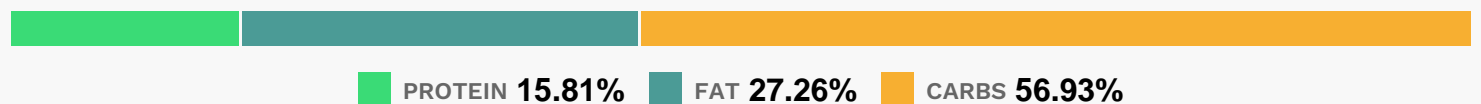
Equipment

- bowl
- frying pan

Directions

- Combine first 8 ingredients in a bowl; stir until blended.
- Working with 1 wonton wrapper at a time (cover remaining wrappers with a damp towel to keep from drying), spoon about 1 teaspoon filling into center of each wrapper. Moisten edges of wrapper with water. Bring 2 opposite corners together, pinching points together to seal. Bring the remaining 2 corners to center; pinch points to seal. Pinch 4 edges together to seal.
- Place dumpling, seam side up, on a platter. Repeat procedure with remaining wrappers and filling to form 60 dumplings. Coat dumplings with cooking spray.
- Place a large nonstick skillet over medium-high heat. Arrange 15 dumplings, seam sides up, in pan; cook 30 seconds or until browned.
- Add 1/2 cup water to pan; cover and cook 5 minutes. Uncover and cook 1 minute or until liquid evaporates.
- Remove dumplings from pan; keep warm. Repeat procedure with remaining dumplings and water.
- Serve immediately with Tangy Dipping Sauce.

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.9856522031452%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 77.31kcal (3.87%), Fat: 2.32g (3.57%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 10.26g (3.73%), Sugar: 0.69g (0.76%), Cholesterol: 6.8mg (2.27%), Sodium: 141.53mg (6.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Vitamin B1: 0.14mg (9.18%), Selenium: 6.27µg (8.96%), Manganese: 0.13mg (6.25%), Vitamin B3: 1.23mg (6.13%), Vitamin B2: 0.08mg (4.89%), Folate: 17.11µg (4.28%), Iron: 0.72mg (4.01%), Vitamin B6: 0.06mg (3.19%), Phosphorus: 31.11mg (3.11%), Vitamin K: 2.92µg (2.78%), Fiber: 0.64g (2.57%), Zinc: 0.34mg (2.28%), Copper: 0.04mg (2.18%), Potassium: 63.76mg (1.82%), Magnesium: 6.69mg (1.67%), Vitamin C: 1.12mg (1.36%), Calcium: 12.68mg (1.27%)