

Pork Pot Stickers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups d cabbage-and-carrot coleslaw
- ☐ 0.5 teaspoon cornstarch
- ☐ 0.3 cup green onions chopped (2)
- ☐ 8 ounces ground pork lean
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 30 gyoza skins
- ☐ 1 teaspoon sesame oil

- ☐ 1 cup water
- ☐ 3 tablespoons water

Equipment

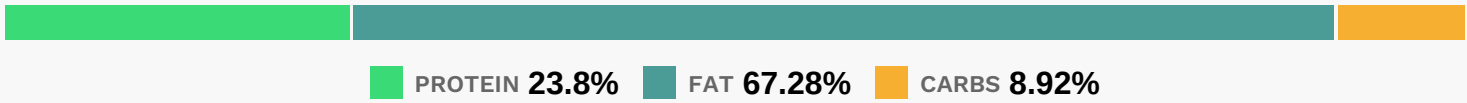
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ pot
- ☐ plastic wrap
- ☐ ziploc bags

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork; cook 6 minutes or until done, stirring to crumble.
- ☐ Add onions, soy sauce, and sesame oil; cook 30 seconds. Stir in coleslaw, and cook 30 seconds or until cabbage wilts, stirring frequently.
- ☐ Combine 3 tablespoons water and cornstarch in a small bowl.
- ☐ Add cornstarch mixture to pork mixture; cook 1 minute, stirring constantly.
- ☐ Remove from heat; cool to room temperature.
- ☐ Working with 1 gyoza skin at a time (cover remaining skins to prevent drying), spoon 1 scant tablespoon pork mixture into center of each skin. Moisten edges of skin with water. Fold in half, pinching edges together to seal.
- ☐ Place on a baking sheet in a single layer (cover loosely with a towel to prevent drying). When all skins are filled, remove towel and cover with plastic wrap; freeze until firm.
- ☐ Place in zip-top plastic bags, and freeze for up to 3 months.
- ☐ Arrange the frozen pot stickers in a single layer on a baking sheet; cover with plastic wrap, and thaw in refrigerator overnight.
- ☐ Heat peanut oil in a large nonstick skillet over medium heat. Arrange pot stickers in pan in a single layer; cook 2 minutes or until browned on bottom.

- ☐
- Add 1 cup water to pan; cover and cook 5 minutes. Uncover and cook until liquid evaporates, about 2 minutes.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.88, Glycemic Load:0.66, Inflammation Score:-9, Nutrition Score:6.353478146636%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 102.11kcal (5.11%), Fat: 7.59g (11.68%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 1.63g (0.59%), Sugar: 1g (1.11%), Cholesterol: 19.18mg (6.39%), Sodium: 140.64mg (6.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.09%), Vitamin A: 3243.87IU (64.88%), Vitamin B1: 0.18mg (12.08%), Vitamin K: 9.5µg (9.05%), Selenium: 5.63µg (8.04%), Vitamin B3: 1.21mg (6.04%), Vitamin B6: 0.12mg (5.9%), Phosphorus: 50.31mg (5.03%), Vitamin B2: 0.07mg (4.17%), Potassium: 141.37mg (4.04%), Zinc: 0.57mg (3.82%), Vitamin B12: 0.16µg (2.65%), Fiber: 0.64g (2.55%), Vitamin E: 0.38mg (2.51%), Vitamin C: 1.94mg (2.35%), Magnesium: 8.67mg (2.17%), Vitamin B5: 0.21mg (2.12%), Manganese: 0.04mg (2.09%), Iron: 0.36mg (1.98%), Folate: 7.62µg (1.9%), Calcium: 14.14mg (1.41%), Copper: 0.03mg (1.35%)