



Pork Pot Stickers: Gyoza



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



405 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 liters canola oil for deep frying as needed
- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon ginger root fresh minced peeled
- ☐ 1 tablespoon grapeseed oil
- ☐ 0.8 pound ground pork
- ☐ 72 round wonton skins (approximately 3-inches in diameter)
- ☐ 12 servings salt and pepper black freshly ground
- ☐ 3 scallions white green sliced

- ☐ 2 tablespoons soya sauce warmed plus more for serving,
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ deep fryer

Directions

- ☐ Boil wonton skins in a large pot of water until al dente and drain well,
- ☐ Lay the wonton skins out on a waxed paper surface.
- ☐ Heat the oil in a deep fryer to 375 degrees F or as instructed by the manufacturer for similar foods.
- ☐ Heat the grape seed oil in a skillet over medium-high heat until it shimmers, add the pork and season with salt and pepper. Cook until it begins to brown, stirring often. Spoon off any excess fat from the pan and add the scallions, ginger, and soy sauce. Cook until flavors are well integrated.
- ☐ Remove from heat and let rest.
- ☐ Create a slurry in a small bowl by gradually whisking 2 tablespoons water into the cornstarch.
- ☐ Spoon 1 teaspoon of the cooked pork mixture onto each of the wontons. Fold each over to enclose and seal the edges shut with the cornstarch slurry.
- ☐ Add the filled wontons to the basket of a deep fryer in batches to keep them from being overcrowded and possibly sticking together. Fry for 2 to 3 minutes until golden brown and drain on paper towels.
- ☐ Serve warm with soy sauce.

Nutrition Facts



 **PROTEIN 8.67%**  **FAT 89.59%**  **CARBS 1.74%**

Properties

Glycemic Index:12.33, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:5.9834781885147%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 405.06kcal (20.25%), Fat: 40.61g (62.48%), Saturated Fat: 5.33g (33.31%), Carbohydrates: 1.77g (0.59%), Net Carbohydrates: 1.62g (0.59%), Sugar: 0.13g (0.15%), Cholesterol: 26.11mg (8.7%), Sodium: 294.56mg (12.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.68%), Vitamin E: 5.88mg (39.19%), Vitamin K: 28.88µg (27.5%), Vitamin B1: 0.21mg (14.08%), Selenium: 7.06µg (10.09%), Vitamin B3: 1.37mg (6.85%), Vitamin B6: 0.12mg (5.88%), Phosphorus: 55.15mg (5.52%), Vitamin B2: 0.07mg (4.35%), Zinc: 0.65mg (4.35%), Vitamin B12: 0.2µg (3.31%), Potassium: 99.79mg (2.85%), Iron: 0.44mg (2.44%), Vitamin B5: 0.21mg (2.05%), Magnesium: 7.67mg (1.92%), Manganese: 0.04mg (1.87%), Copper: 0.02mg (1.15%)