



Pork Pot Stickers with Chipotle Honey Sauce

 Dairy Free

READY IN



65 min.

SERVINGS



48

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup honey
- ☐ 4 chipotles in adobo finely chopped (from 7-oz can)
- ☐ 2 tablespoons chiles in adobo sauce canned (from can of chiles)
- ☐ 4 medium mushrooms dried black
- ☐ 1 lb ground pork lean
- ☐ 0.3 cup bamboo skewers canned finely chopped
- ☐ 0.3 cup spring onion finely chopped
- ☐ 1 tablespoon wine dry white

- ☐ 1 tablespoon water
- ☐ 1 teaspoon cornstarch
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sesame oil
- ☐ 1 Dash pepper white
- ☐ 2 cups flour all-purpose
- ☐ 1 cup water boiling
- ☐ 0.5 cup vegetable oil
- ☐ 2 cups water

Equipment

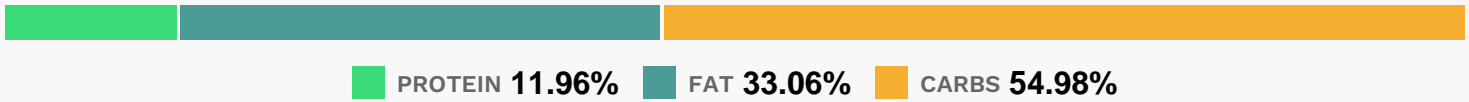
- ☐ bowl
- ☐ baking sheet
- ☐ wok

Directions

- ☐ In small bowl, mix all sauce ingredients; set aside.
- ☐ In another small bowl, soak mushrooms in enough hot water to cover 20 minutes or until soft, drain. Rinse in warm water; drain. Squeeze out excess moisture.
- ☐ Remove and discard stems; chop caps finely.
- ☐ In large bowl, mix mushrooms, pork, bamboo shoots, green onions, wine, 1 tablespoon water, the cornstarch, salt, sesame oil and white pepper.
- ☐ In medium bowl, mix flour and 1 cup boiling water until a soft dough forms. Knead dough on lightly floured surface about 5 minutes or until smooth. Divide dough in half. Shape each half into a 12-inch-long roll; cut each roll into 24 slices, each about 1/2 inch thick.
- ☐ Roll 1 slice of dough into a 3-inch circle on lightly floured surface. (If the circle springs back, cover the slices with a towel and let rest about 10 minutes or until slice is easy to roll and stays in a circle.)
- ☐ Place 1 tablespoon pork mixture on center of circle. Pinch 5 pleats on edge of one half of circle. Fold circle in half, pressing pleated edge to unpleated edge. (Or instead of pleating the edge, you can fold the circle in half and press edges together with a fork.)

- ☐ Place the dumpling, pleated edge up, on cookie sheet. Gently press dumpling to flatten the bottom. Repeat with remaining slices of dough.
- ☐ Heat wok until very hot.
- ☐ Add 2 tablespoons of the vegetable oil; tilt wok to coat side.
- ☐ Place about 12 dumplings in single layer in wok; fry 2 minutes or until bottoms are golden brown.
- ☐ Add 1/2 cup of the water. Cover and cook 6 to 7 minutes or until water is absorbed. Repeat with remaining dumplings. (
- ☐ Add vegetable oil as necessary.)
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:4.96, Glycemic Load:5.94, Inflammation Score:-1, Nutrition Score:1.9691304481872%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 74.07kcal (3.7%), Fat: 2.76g (4.24%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 9.98g (3.63%), Sugar: 5.98g (6.64%), Cholesterol: 6.8mg (2.27%), Sodium: 183.79mg (7.99%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 2.25g (4.49%), Vitamin B1: 0.11mg (7.48%), Selenium: 4.32µg (6.17%), Vitamin B3: 0.79mg (3.94%), Vitamin B2: 0.06mg (3.39%), Folate: 10.84µg (2.71%), Phosphorus: 24.57mg (2.46%), Iron: 0.43mg (2.4%), Manganese: 0.05mg (2.34%), Vitamin B6: 0.04mg (2.18%), Vitamin K: 2µg (1.9%), Zinc: 0.28mg (1.87%), Fiber: 0.34g (1.35%), Potassium: 45.06mg (1.29%), Copper: 0.02mg (1.18%), Vitamin B5: 0.11mg (1.15%), Vitamin B12: 0.07µg (1.11%)