

Pot Stickers

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 3-inch wonton wrappers rectangular ()
- 1 wonton wrappers
- 2 tablespoons vegetable oil
- 0.3 cup soy sauce for serving reduced-sodium

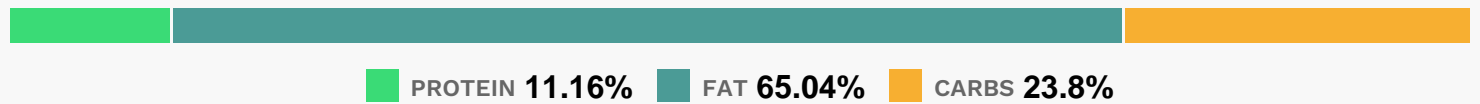
Equipment

- frying pan
- pot

Directions

- Make wontons (through step 2).
- Transfer to an oiled plate, and cover with a damp towel to keep moist.
- In a 12-inch nonstick skillet with a tight-fitting lid, heat 1 tablespoon oil over medium-high heat.
- Add half the wontons and cook, turning once, until lightly browned, about 1 minute per side. Carefully add 1/2 cup water (oil may sputter), cover, and steam until translucent and just cooked through, 2 to 3 minutes. Repeat with remaining tablespoon oil and wontons.
- Sprinkle pot stickers with scallions, if using, and serve with soy sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.7352173789202%

Nutrients (% of daily need)

Calories: 95.14kcal (4.76%), Fat: 6.98g (10.74%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 5.46g (1.98%), Sugar: 0.11g (0.12%), Cholesterol: 0.71mg (0.24%), Sodium: 810.04mg (35.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.39%), Vitamin K: 12.51µg (11.91%), Manganese: 0.14mg (7.02%), Vitamin B2: 0.08mg (4.75%), Vitamin E: 0.64mg (4.29%), Phosphorus: 41.65mg (4.17%), Magnesium: 16.24mg (4.06%), Folate: 16.12µg (4.03%), Vitamin B3: 0.67mg (3.35%), Selenium: 2.33µg (3.32%), Vitamin B1: 0.05mg (3.29%), Iron: 0.55mg (3.07%), Potassium: 81.26mg (2.32%), Vitamin B6: 0.04mg (1.82%), Zinc: 0.22mg (1.49%), Fiber: 0.29g (1.16%), Copper: 0.02mg (1.1%), Calcium: 10.08mg (1.01%)