

Pot Stickers

 Dairy Free

READY IN



37 min.

SERVINGS



6

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 large eggs separated
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 cup cilantro leaves fresh loosely packed
- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 2 garlic cloves
- ☐ 3 green onions
- ☐ 2 tablespoons soya sauce low-sodium

- ☐ 0.3 cup plum sauce
- ☐ 1.5 inch center-cut pork loin chops boneless
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sesame oil divided
- ☐ 24 won ton wrappers

Equipment

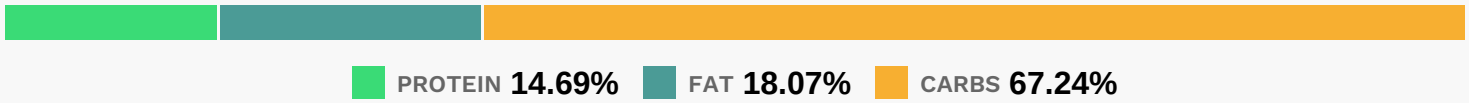
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Combine plum sauce and soy sauce in a small bowl; stir well. Cover and chill.
- ☐ Place green onions and next 3 ingredients in a food processor; pulse 10 times or until mixture is finely chopped.
- ☐ Remove from food processor, and place in a large bowl.
- ☐ Trim fat from pork; slice pork into thin slices.
- ☐ Place pork in food processor; pulse until pork is finely ground.
- ☐ Add pork to green onion mixture. Stir in egg yolk, salt, and pepper until thoroughly combined.
- ☐ Working with 1 won ton wrapper at a time (cover remaining wrappers with a damp towel to keep from drying), spoon 1 rounded teaspoon pork mixture onto center of each wrapper. Moisten edges of dough with beaten egg white, and bring 2 opposite corners together. Pinch edges together to seal, forming a triangle.
- ☐ Place pot sticker on a platter; cover loosely with a towel to keep from drying. Repeat procedure with remaining pork mixture and won ton wrappers.
- ☐ Heat 1 teaspoon sesame oil in a large nonstick skillet over medium-low heat. Arrange half of pot stickers in pan. Cook 3 minutes on each side or until lightly browned.
- ☐ Remove from pan; set aside. Repeat procedure with remaining sesame oil and pot stickers.

- ☐
- Return pot stickers to pan; add broth. Bring to a boil. Cover, reduce heat, and simmer 3 minutes.
- ☐
- Remove pot stickers from pan using a slotted spoon; serve with plum sauce mixture.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:6.44304344444676%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 145.69kcal (7.28%), Fat: 2.9g (4.47%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 24.31g (8.1%), Net Carbohydrates: 23.39g (8.51%), Sugar: 0.34g (0.38%), Cholesterol: 34.1mg (11.37%), Sodium: 814.62mg (35.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Selenium: 12.94µg (18.48%), Vitamin K: 15.49µg (14.75%), Manganese: 0.27mg (13.63%), Vitamin B1: 0.18mg (11.82%), Vitamin B2: 0.2mg (11.68%), Vitamin B3: 2.3mg (11.48%), Folate: 38.06µg (9.52%), Iron: 1.65mg (9.15%), Phosphorus: 65.98mg (6.6%), Copper: 0.09mg (4.45%), Potassium: 141.7mg (4.05%), Vitamin A: 199.27IU (3.99%), Magnesium: 15.34mg (3.84%), Vitamin B6: 0.08mg (3.83%), Fiber: 0.92g (3.68%), Vitamin B12: 0.22µg (3.6%), Calcium: 31.82mg (3.18%), Zinc: 0.46mg (3.06%), Vitamin B5: 0.26mg (2.63%), Vitamin C: 1.8mg (2.18%), Vitamin E: 0.22mg (1.46%), Vitamin D: 0.17µg (1.13%)