



Pot Stickers, Spinach Variation

 Dairy Free or type unknown

READY IN

ready

45 min.

SERVINGS

servings

30

CALORIES

calories

42 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 0.3 cup water chestnuts canned finely chopped
- ☐ 0.5 cup rice long-grain cooked
- ☐ 1 tablespoon cornstarch
- ☐ 2 teaspoons cornstarch
- ☐ 1 teaspoon sesame oil dark
- ☐ 0.9 ounce mushroom caps dried
- ☐ 1 egg white
- ☐ 1 garlic clove minced

- ☐ 1 tablespoon gingerroot minced peeled
- ☐ 0.3 cup green onions minced
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped
- ☐ 4 teaspoons vegetable oil divided
- ☐ 1 cup water boiling
- ☐ 1 cup water divided
- ☐ 30 won ton wrappers

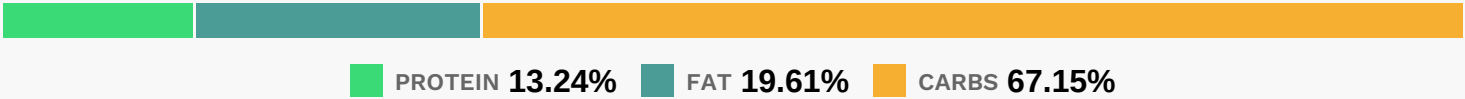
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ pot

Directions

- ☐ Combine boiling water and mushrooms in a bowl; cover and let stand 30 minutes.
- ☐ Drain; discard stems, and mince caps.
- ☐ Combine mushroom caps, rice, and next 8 ingredients, and stir well.
- ☐ Working with 1 won ton wrapper at a time (cover remaining wrappers to keep them from drying out), spoon about 1 tablespoon spinach mixture into center of each wrapper.
- ☐ Moisten edges of wrapper with water, and bring 2 opposite corners to center, pinching points to seal. Bring the remaining 2 corners to center, pinching points to seal. Pinch 4 edges together to seal.
- ☐ Place pot stickers on a large baking sheet sprinkled with cornstarch; cover loosely with a towel to keep them from drying out.
- ☐ Heat 2 teaspoons vegetable oil in a large nonstick skillet over medium heat.
- ☐ Place half of pot stickers in bottom of skillet; cook 3 minutes or until bottoms are lightly browned.
- ☐ Add 1/2 cup water to skillet; cover and cook 3 minutes or until liquid is absorbed.
- ☐ Place pot stickers on a serving platter; set aside, and keep warm.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:0.83, Inflammation Score:-6, Nutrition Score:4.9430434545097%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 41.61kcal (2.08%), Fat: 0.92g (1.42%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 6.46g (2.35%), Sugar: 0.22g (0.24%), Cholesterol: 0.68mg (0.22%), Sodium: 53.04mg (2.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.81%), Vitamin K: 38.58µg (36.75%), Vitamin A: 1120.23IU (22.4%), Manganese: 0.14mg (7.24%), Folate: 22.58µg (5.65%), Selenium: 3.52µg (5.03%), Vitamin B2: 0.07mg (3.93%), Copper: 0.08mg (3.89%), Vitamin B1: 0.05mg (3.48%), Vitamin B3: 0.61mg (3.03%), Iron: 0.51mg (2.81%), Magnesium: 10.82mg (2.71%), Fiber: 0.65g (2.61%), Vitamin E: 0.35mg (2.35%), Vitamin B5: 0.21mg (2.11%), Vitamin B6: 0.04mg (1.88%), Potassium: 63.15mg (1.8%), Calcium: 17.79mg (1.78%), Phosphorus: 15.87mg (1.59%), Zinc: 0.21mg (1.37%), Vitamin C: 0.85mg (1.03%)