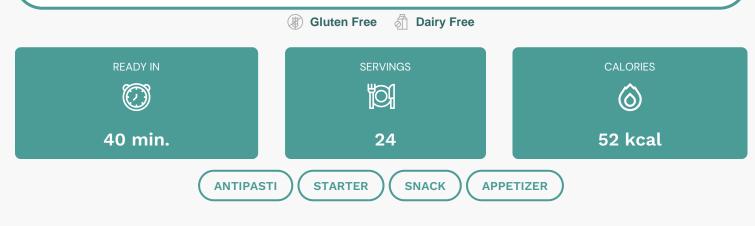


Pot Stickers with Sweet Soy Dipping Sauce



Ingredients

O.5 lb ground pork lean
O.5 cup spring onion chopped (8 medium)
1 tablespoon ginger grated
24 wonton skins ()
3 tablespoons vegetable oil
2 tablespoons sugar
2 tablespoons soy sauce reduced-sodium
2 tablespoons rice vinegar

	2 tablespoons water	
Ħ	0.5 teaspoon sesame oil	
	O.1 teaspoon pepper red crushed	
Equipment		
	bowl	
	frying pan	
	baking sheet	
	paper towels	
	baking paper	
	pot	
	spatula	
	slotted spoon	
	dutch oven	
Directions		
	Line cookie sheet with cooking parchment paper. In small bowl, mix pork, onions and gingerroot.	
	Working with 1 wonton skin at a time, place 1 heaping teaspoon pork mixture on center of each wonton skin. Moisten edges of wonton skin with water; fold in half over filling to form triangle and seal sides. Bring 2 ends together to form a "hat" shape (see photo).	
	Place pot stickers on cookie sheet; cover with damp towel to keep from drying out.	
	In Dutch oven, heat 3 quarts water to boiling.	
	Add half of the pot stickers; boil about 5 minutes or until edges of wonton skins are clear. Using slotted spoon, remove pot stickers from water; drain thoroughly on paper towels. Repeat with remaining pot stickers.	
	Meanwhile, in small bowl, mix sauce ingredients until sugar is dissolved; set aside.	
	In 12-inch nonstick skillet, heat 2 tablespoons of the oil over medium heat.	
	Add half of the pot stickers; cook 2 to 3 minutes or until crisp and golden brown on bottom. Turn; cook 2 to 3 minutes longer or until browned and crisp. Using pancake turner, remove pot	

stickers from oil; place on serving platter. Repeat with remaining tablespoon oil and remaining pot stickers.

Serve warm with sauce.

Nutrition Facts

PROTEIN 18.38% FAT 71.69% CARBS 9.93%

Properties

Glycemic Index:6.96, Glycemic Load:0.74, Inflammation Score:-1, Nutrition Score:1.4552173964355%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 51.84kcal (2.59%), Fat: 4.11g (6.32%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 1.21g (0.44%), Sugar: 1.06g (1.18%), Cholesterol: 7.75mg (2.58%), Sodium: 72.31mg (3.14%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 2.37g (4.74%), Vitamin K: 7.46µg (7.11%), Vitamin B1: 0.07mg (4.73%), Selenium: 2.36µg (3.37%), Vitamin B3: 0.44mg (2.2%), Vitamin B6: 0.04mg (2.01%), Phosphorus: 19.71mg (1.97%), Vitamin B2: 0.03mg (1.62%), Zinc: 0.23mg (1.52%), Potassium: 39.02mg (1.11%), Vitamin B12: 0.07µg (1.1%), Vitamin E: 0.16mg (1.08%)