



Pot Stickers with Sweet Soy Dipping Sauce

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



24

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 lb ground pork lean
- 0.5 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
- 0.5 teaspoon sesame oil
- 0.1 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, 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: 0g (100%), Alcohol %: 0% (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%)