



Potsticker Dumplings

 Dairy Free

READY IN



65 min.

SERVINGS



24

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup seasons asian sesame with ginger dressing, divided good kraft
- 1 eggs lightly beaten
- 0.3 cup green onions chopped
- 1 lb ground pork
- 3 oz napa cabbage chopped
- 10 tsp oil divided
- 0.3 cup soya sauce divided
- 1.3 cups water divided

12 oz round won ton wrappers (4 doz.)

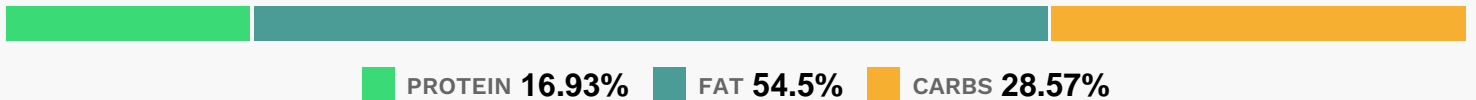
Equipment

frying pan

Directions

- Mix pork, cabbage, onions, egg and 2 Tbsp. each of the dressing and soy sauce until well blended. Spoon evenly onto won ton wrappers, adding about 1 tsp. of the pork mixture to each wrapper. Moisten edge of each wrapper with water; fold in half to form a half-moon, pressing edges together to seal. If desired, edges can be pleated with five or six folds.
- Heat 2 tsp. of the oil in large nonstick skillet on medium-high heat.
- Add 10 dumplings; cook 1 to 1-1/2 min. or until bottoms are golden brown. Gradually add 1/4 cup of the water; cover. Reduce heat to medium-low; cook 2 to 2-1/2 min. or until filling is cooked through and water has evaporated.
- Remove dumplings to serving plate; wipe skillet dry. Repeat with remaining dumplings.
- Combine remaining 2 Tbsp. dressing, remaining 2 Tbsp. soy sauce and remaining 1 Tbsp. water.
- Serve as a dipping sauce with the dumplings.

Nutrition Facts



Properties

Glycemic Index:3.29, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:4.2599999820409%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 124.15kcal (6.21%), Fat: 7.46g (11.47%), Saturated Fat: 1.88g (11.77%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 8.42g (3.06%), Sugar: 0.35g (0.39%), Cholesterol: 21.7mg (7.23%), Sodium: 256.46mg (11.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.43%), Vitamin B1: 0.22mg (14.42%), Selenium: 9.3µg (13.29%), Vitamin B3: 1.71mg (8.54%), Vitamin K: 7.2µg (6.85%), Vitamin B2: 0.11mg (6.64%), Manganese: 0.11mg

(5.69%), Phosphorus: 53.83mg (5.38%), Vitamin B6: 0.09mg (4.68%), Folate: 18.12µg (4.53%), Iron: 0.78mg (4.33%), Zinc: 0.57mg (3.79%), Vitamin E: 0.49mg (3.26%), Potassium: 89.87mg (2.57%), Vitamin B12: 0.15µg (2.52%), Magnesium: 8.47mg (2.12%), Copper: 0.04mg (1.92%), Vitamin B5: 0.17mg (1.72%), Vitamin C: 1.35mg (1.64%), Calcium: 15.41mg (1.54%), Fiber: 0.38g (1.52%)