



## Round 2 - Chicken Pot Stickers

 Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



346 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon canola oil
- 4 servings reserved chicken
- 1 tablespoon cider vinegar
- 0.3 cup reduced sodium soy sauce
- 3 scallions uncooked
- 1 teaspoon sugar
- 2 tablespoons water
- 12 round wonton wrappers

## Equipment

- bowl
- frying pan
- whisk
- pot

## Directions

- Watch how to make this recipe.
- Chop the chicken into small pieces. Slice the 2 grilled scallions and combine them with the chopped chicken. Slice the uncooked scallion and set aside for garnish.
- Put the wrappers onto a clean work surface and put 1 teaspoon of the chicken into the center. Dip a finger into some water and moisten the edges of the wonton. Fold the wrapper over and pinch the edges together, making 3 or 4 pleats. Repeat with remaining ingredients.
- Heat a large nonstick skillet with canola oil over medium heat. When the oil is hot, add the wontons in 1 layer.
- Let cook until the bottoms are browned, about 2 to 3 minutes, then add 2 tablespoons water. Quickly cover and cook until the wrappers are tender, about 3 minutes.
- Whisk together the soy sauce, vinegar, sugar, and 2 tablespoons water in a small bowl. Stir until the sugar has dissolved and set aside.
- Arrange the pot stickers on a serving platter, garnish with the reserved sliced scallions and serve with the dipping sauce.

## Nutrition Facts



## Properties

Glycemic Index:35.52, Glycemic Load:0.85, Inflammation Score:-4, Nutrition Score:12.033913135529%

## Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Nutrients (% of daily need)

Calories: 346.25kcal (17.31%), Fat: 20.24g (31.14%), Saturated Fat: 5g (31.25%), Carbohydrates: 15.61g (5.2%), Net Carbohydrates: 14.86g (5.4%), Sugar: 1.3g (1.45%), Cholesterol: 83.39mg (27.8%), Sodium: 780.4mg (33.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.99g (47.98%), Vitamin B3: 8.83mg (44.14%), Selenium: 22.11µg (31.59%), Vitamin K: 22.75µg (21.67%), Vitamin B6: 0.42mg (20.87%), Phosphorus: 207.78mg (20.78%), Vitamin B2: 0.26mg (15.35%), Vitamin B1: 0.19mg (12.88%), Manganese: 0.26mg (12.78%), Zinc: 1.74mg (11.63%), Iron: 2.09mg (11.6%), Vitamin B5: 1.05mg (10.51%), Magnesium: 39.26mg (9.81%), Folate: 38.63µg (9.66%), Potassium: 307.17mg (8.78%), Vitamin E: 1.05mg (7.02%), Vitamin B12: 0.34µg (5.68%), Copper: 0.1mg (5.1%), Vitamin A: 244.75IU (4.9%), Vitamin C: 3.43mg (4.15%), Calcium: 34.27mg (3.43%), Fiber: 0.75g (3%), Vitamin D: 0.22µg (1.45%)