



Scallop and Corn Pot Stickers

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 pound scallops
- 1 oz wonton wrappers frozen thawed
- 3 tablespoons spring onion minced
- 0.3 cup regular corn cooked
- 0.3 cup spicy tofu soft (preferably silken)
- 0.3 teaspoon salt
- 2 tablespoons cilantro leaves fresh finely chopped
- 6 servings sesame seed

0.3 cup bell pepper red minced

Equipment

food processor

bowl

frying pan

pot

plastic wrap

Directions

Discard small tough muscle from side of each scallop and in a food processor purée half scallops with salt. With motor running add tofu in a stream and blend until just combined.

Transfer scallop mousse to a small bowl. Chop fine remaining scallops and stir into mousse with corn, bell pepper, scallion, and coriander.

Put about 1 tablespoon filling in center of 1 wrapper and moisten edge of wrapper. Gather edge of wrapper up and around filling, pleating edge. Gently squeeze middle of pot sticker to form a waist, keeping filling level with top of wrapper. (Pot sticker will resemble a sack filled to top.)

Make 17 more pot stickers in same manner and arrange on a tray dusted lightly with cornstarch. Pot stickers may be made up to this point 1 day ahead and chilled, covered with plastic wrap.

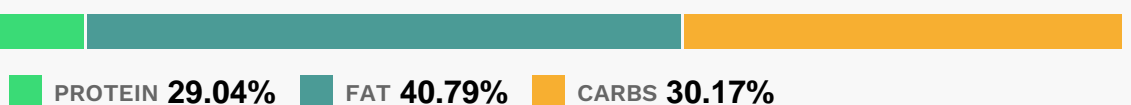
In a large non-stick skillet heat oil over moderately high heat until hot but not smoking and fry pot-sticker bottoms until golden, about 1 minute.

Add water and steam pot stickers, covered, 3 to 4 minutes, or until filling is springy to touch.

Remove lid and cook pot stickers until liquid is evaporated and bottoms are recrisped.

Serve pot stickers with vinaigrette and garnish with coriander.

Nutrition Facts



Properties

Glycemic Index:33.58, Glycemic Load:1.14, Inflammation Score:-4, Nutrition Score:7.3939129606537%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 103.12kcal (5.16%), Fat: 4.81g (7.39%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 8g (2.67%), Net Carbohydrates: 6.52g (2.37%), Sugar: 0.68g (0.75%), Cholesterol: 9.5mg (3.17%), Sodium: 274.24mg (11.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.4%), Phosphorus: 188.13mg (18.81%), Copper: 0.35mg (17.46%), Manganese: 0.26mg (12.83%), Selenium: 8.96µg (12.8%), Vitamin C: 8.9mg (10.79%), Magnesium: 40.39mg (10.1%), Calcium: 98.34mg (9.83%), Iron: 1.69mg (9.41%), Vitamin B12: 0.53µg (8.9%), Zinc: 1.07mg (7.1%), Vitamin B1: 0.1mg (6.77%), Vitamin K: 6.95µg (6.62%), Vitamin B6: 0.12mg (6.06%), Folate: 24.21µg (6.05%), Fiber: 1.48g (5.91%), Vitamin B3: 1.07mg (5.35%), Vitamin A: 252.68IU (5.05%), Potassium: 154.89mg (4.43%), Vitamin B2: 0.05mg (3.23%), Vitamin B5: 0.16mg (1.6%)