



Shrimp and Edamame Dumplings

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bok choy finely chopped
- 36 dumpling wrappers
- 1 cup edamame green frozen shelled (soybeans)
- 1 egg white
- 1 tablespoon ginger root fresh minced
- 1 clove garlic minced to taste
- 1 green onion sliced
- 0.5 cup soya sauce low-sodium

- 0.3 cup vegetable oil; peanut oil preferred divided
- 0.5 teaspoon pepper flakes red to taste
- 1 tablespoon rice vinegar
- 1 tablespoon salt
- 1 tablespoon sesame oil
- 0.3 pound shrimp deveined peeled cut into 1/3-inch pieces
- 1 tablespoon soya sauce
- 1 cup water divided
- 2 teaspoons sugar white

Equipment

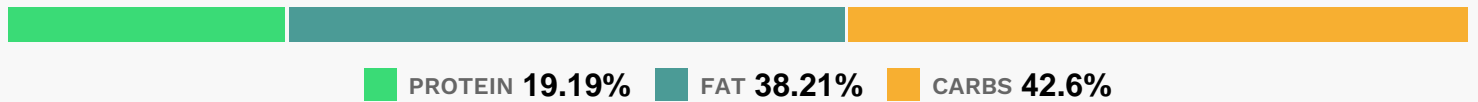
- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- whisk

Directions

- Place a steamer insert into a saucepan and fill with water to just below the bottom of the insert. Bring the water to a boil.
- Add the edamame, place a cover on the saucepan, and steam until just tender, 2 to
- Place steamed edamame in a food processor; blend until smooth.
- Transfer edamame puree to a large bowl.
- Stir the shrimp, bok choy, egg white, ginger, soy sauce, 1 tablespoon sesame oil, garlic, and salt into the edamame puree.
- Pour about 2 tablespoons water in a dish.
- Scoop about 1 teaspoon of the shrimp mixture onto the center of a dumpling wrapper.

- Wet the edge of the wrapper with water, then fold over to create a half-moon shape; pinch edge to seal.
- Place the finished dumpling on a lightly floured baking sheet and cover with a damp towel; repeat with remaining wrappers.
- Working in batches of 6 to 8 dumplings, heat about 1 tablespoon peanut oil in a large skillet over medium heat. Pan-fry dumplings until crispy on one side, about 2 minutes.
- Flip dumplings and cook for 1 more minute.
- Add 1/4 cup water to the skillet and cover.
- Steam dumplings until shrimp are bright pink and no longer transparent in the center, about 4 minutes more. Repeat with remaining dumplings.
- Whisk low-sodium soy sauce, sesame oil, green onion, sugar, rice vinegar, and red pepper flakes together in a shallow bowl until sugar has dissolved.

Nutrition Facts



Properties

Glycemic Index:35.35, Glycemic Load:1.06, Inflammation Score:-5, Nutrition Score:9.340434887487%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 308.23kcal (15.41%), Fat: 13.09g (20.14%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 30.65g (11.15%), Sugar: 2.34g (2.6%), Cholesterol: 44.62mg (14.87%), Sodium: 2400.13mg (104.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.79g (29.58%), Manganese: 0.43mg (21.59%), Selenium: 14µg (20%), Vitamin B1: 0.25mg (16.61%), Iron: 2.81mg (15.59%), Vitamin B2: 0.26mg (15.06%), Vitamin B3: 2.88mg (14.39%), Folate: 54.11µg (13.53%), Phosphorus: 134.97mg (13.5%), Vitamin E: 1.62mg (10.77%), Copper: 0.2mg (9.82%), Potassium: 334.71mg (9.56%), Magnesium: 37.07mg (9.27%), Fiber: 2.18g (8.74%), Calcium: 76.22mg (7.62%), Vitamin K: 7.36µg (7.01%), Vitamin A: 336.33IU (6.73%), Zinc: 0.88mg (5.89%), Vitamin C: 3.22mg (3.9%), Vitamin B6: 0.08mg (3.89%), Vitamin B5: 0.11mg (1.13%)