



Shrimp and Mushroom Sui Mei

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounces crimini mushrooms thinly sliced
- 2 teaspoons sesame oil dark
- 1 tablespoon sherry dry
- 2.5 teaspoons ginger minced peeled
- 1 cup spring onion thinly sliced
- 2 tablespoons soy sauce low-sodium
- 4 large cabbage leaves chinese ()
- 24 wonton wrappers (round wonton wrappers)

- 4 ounces mushroom caps thinly sliced
- 4 ounces shrimp deveined peeled
- 6 medium shrimp deveined peeled
- 1 tablespoon chili paste depending on your taste pref fresh hot (ground chile paste) (chile sauce)

Equipment

- food processor
- frying pan
- baking sheet
- steamer basket

Directions

- Heat a large nonstick skillet over medium–high heat. Coat pan with cooking spray.
- Add mushrooms to pan; saut 8 minutes or until liquid evaporates. Spoon mushrooms into a food processor.
- Add onions and next 5 ingredients (through 4 ounces shrimp); process 10 seconds or until finely chopped.
- Working with 1 gyoza skin at a time (cover remaining skins to prevent drying), spoon about 1 tablespoon shrimp mixture into center of each skin. Moisten edges of skin with water. Gather up and crimp edges of skin around filling; lightly squeeze skin to adhere to filling, leaving top of dumpling open.
- Place 1 shrimp piece on top of filling, pressing gently into filling.
- Place dumpling on a baking sheet; cover loosely with a damp towel to prevent drying. Repeat procedure with remaining skins and filling.
- Line each tier of a 2–tiered bamboo steamer with 2 cabbage leaves. Arrange 12 dumplings, 1 inch apart, over cabbage in each steamer basket. Stack tiers, and cover with steamer lid.
- Add water to skillet to a depth of 1 inch, and bring to a boil.
- Place steamer in pan, and steam dumplings for 15 minutes or until done.
- Remove dumplings from steamer, and spoon 1/8 teaspoon sambal oelek onto each dumpling. Discard cabbage.

Nutrition Facts

PROTEIN 28.3% FAT 12.48% CARBS 59.22%

Properties

Glycemic Index:15.75, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:8.8591304240019%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 114.87kcal (5.74%), Fat: 1.61g (2.48%), Saturated Fat: 0.24g (1.5%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 15.8g (5.75%), Sugar: 1.42g (1.58%), Cholesterol: 36.92mg (12.31%), Sodium: 304.88mg (13.26%), Alcohol: 0.19g (100%), Alcohol %: 0.21% (100%), Protein: 8.23g (16.46%), Vitamin K: 32.05µg (30.52%), Selenium: 12.89µg (18.41%), Vitamin B2: 0.25mg (14.62%), Manganese: 0.28mg (14.03%), Vitamin B3: 2.78mg (13.92%), Copper: 0.27mg (13.29%), Phosphorus: 122.91mg (12.29%), Folate: 47.62µg (11.9%), Vitamin B1: 0.16mg (10.35%), Potassium: 307.24mg (8.78%), Vitamin C: 6.48mg (7.86%), Iron: 1.32mg (7.33%), Zinc: 0.95mg (6.33%), Vitamin B6: 0.12mg (6.17%), Magnesium: 24.61mg (6.15%), Vitamin B5: 0.58mg (5.76%), Fiber: 1.43g (5.72%), Calcium: 50.21mg (5.02%), Vitamin A: 176.27IU (3.53%)