



Shrimp and Spinach Dumplings with Asian Dipping Sauce

 Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup baby spinach
- ☐ 3 tablespoons water chestnuts canned rinsed finely chopped
- ☐ 24 servings pepper dried red hot to taste
- ☐ 1 teaspoon sherry
- ☐ 2 teaspoons ginger fresh finely grated peeled
- ☐ 1 tablespoon ginger juice fresh finely grated peeled
- ☐ 24 servings romaine leaves soft for lining steamer

- ☐ 1 teaspoon oyster sauce
- ☐ 0.5 teaspoon salt
- ☐ 2 spring onion green finely chopped (parts only)
- ☐ 1 tablespoon sesame oil
- ☐ 6 oz shrimp shelled deveined
- ☐ 2 tablespoons soya sauce
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons water
- ☐ 24 wonton wrappers

Equipment

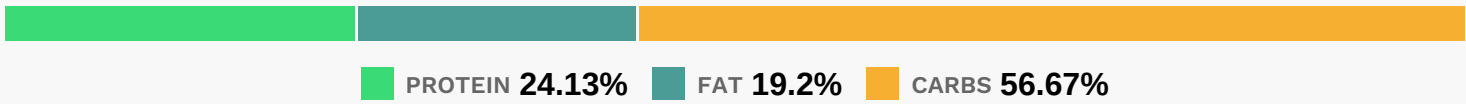
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ wok

Directions

- ☐ Cook spinach in 1 inch simmering water in a small saucepan, stirring, until wilted, about 5 seconds.
- ☐ Drain in a sieve and rinse under cold water until cool. Squeeze to remove as much moisture as possible. Finely chop spinach and stir with remaining filling ingredients until blended.
- ☐ Stack a few wonton wrappers (keep remaining wrappers covered) and cut into rounds with a 2 1/2-inch cutter.
- ☐ Spread 1 slightly rounded teaspoon filling onto each round, spreading up to but not over edge. Bring up edge of each round, pleating to form a cup and leaving open at top.
- ☐ Bring enough water to a boil in a wok so that bottom rim of steamer (not basket) rests in water. Line steamer rack with lettuce. Arrange dumplings over lettuce, making sure dumplings do not touch each other. Cover with steamer lid and steam until filling is cooked through, 8 to 10 minutes.

- ☐ Stir together all sauce ingredients.
- ☐ ·You can steam the dumplings in a pasta pot with a steamer insert.·Dumplings can be formed 4 hours ahead, placed on a cornstarch–dusted plate, and chilled, covered with plastic wrap.·Sauce can be made 1 day ahead and chilled, covered.
- ☐ Each serving (2 dumplings with sauce) about 57 calories and 2 grams fat
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:7.46, Glycemic Load:0.15, Inflammation Score:-9, Nutrition Score:5.9091303908954%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 46.35kcal (2.32%), Fat: 1.03g (1.58%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 5.63g (2.05%), Sugar: 0.68g (0.76%), Cholesterol: 12.09mg (4.03%), Sodium: 231.42mg (10.06%), Alcohol: 0.02g (100%), Alcohol %: 0.05% (100%), Protein: 2.91g (5.83%), Vitamin A: 2498.19IU (49.96%), Vitamin K: 10.31µg (9.82%), Manganese: 0.18mg (9.02%), Vitamin C: 4.92mg (5.96%), Vitamin E: 0.89mg (5.92%), Iron: 0.96mg (5.35%), Folate: 19.69µg (4.92%), Fiber: 1.21g (4.85%), Vitamin B1: 0.07mg (4.72%), Vitamin B2: 0.08mg (4.57%), Vitamin B3: 0.82mg (4.12%), Vitamin B6: 0.08mg (3.96%), Selenium: 2.73µg (3.9%), Phosphorus: 37.84mg (3.78%), Potassium: 127.72mg (3.65%), Copper: 0.07mg (3.36%), Magnesium: 12.13mg (3.03%), Calcium: 25.86mg (2.59%), Zinc: 0.31mg (2.08%)