

Shrimp Dumplings

 Dairy Free

READY IN



45 min.

SERVINGS



34

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce water chestnuts drained roughly chopped canned
- ☐ 1 teaspoon ginger fresh grated
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 34 servings try build-a-meal
- ☐ 2 scallions dark light green chopped (and parts)
- ☐ 1 teaspoon sesame oil
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 3 tablespoons water cold

☐ 12 ounce wonton wrappers

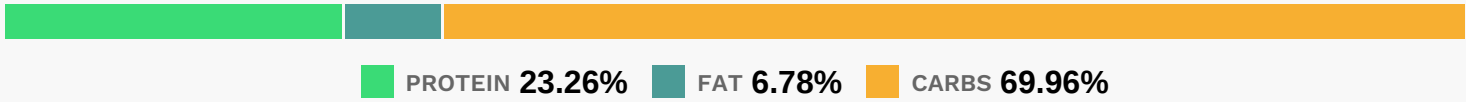
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking paper
- ☐ pastry brush

Directions

- ☐ In a food processor, pulse the shrimp, ginger, scallions, soy sauce, and oil until a paste forms.
- ☐ Add the water chestnuts, cilantro, and basil (if using) and pulse briefly.
- ☐ Place 34 wonton wrappers on a work surface lined with wax or parchment paper.
- ☐ Place 1 heaping teaspoon of the shrimp mixture in the center of each. Fill a small bowl with the water. Use a pastry brush or fingertip to brush the water along the edges of a wrapper. Fold it over the filling to form a triangle, then press the edges to seal. Use in Shrimp Dumpling Soup.

Nutrition Facts



Properties

Glycemic Index:1.38, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.0247826063601%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 44.81kcal (2.24%), Fat: 0.34g (0.52%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 7.16g (2.6%), Sugar: 0.29g (0.32%), Cholesterol: 11.64mg (3.88%), Sodium: 83.11mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Manganese: 0.15mg (7.35%), Selenium: 3.41µg (4.87%), Vitamin B1: 0.06mg (3.78%), Vitamin B3: 0.64mg (3.22%), Phosphorus: 31.76mg (3.18%), Iron: 0.54mg (3.02%), Copper: 0.06mg (2.97%), Fiber: 0.69g (2.76%), Vitamin B2: 0.05mg (2.65%), Folate: 10.02µg (2.51%), Magnesium: 7.85mg (1.96%), Zinc: 0.26mg (1.75%), Vitamin K: 1.56µg (1.48%), Potassium: 49.24mg (1.41%), Vitamin B6: 0.02mg (1.24%), Calcium: 10.63mg (1.06%)