



Shrimp Dumplings with Sweet-and-Sour Dipping Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons canola oil
- ☐ 7.5 inch carrots (3 large carrots)
- ☐ 2 tablespoons fish sauce
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 1 cup leek finely chopped (1 large)

- ☐ 1 tablespoon rice wine sweet (rice wine)
- ☐ 2 tablespoons bell pepper red minced
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.8 pound shrimp deveined peeled chopped
- ☐ 2 teaspoons sugar
- ☐ 30 wonton wrappers

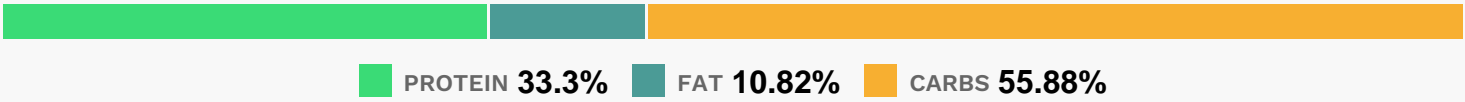
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ To prepare sauce, combine the first 5 ingredients.
- ☐ To prepare dumplings, heat oil in a medium nonstick skillet over medium-high heat.
- ☐ Add leek and 1 tablespoon ginger; saut 3 minutes.
- ☐ Remove from heat.
- ☐ Combine leek mixture, mirin, salt, black pepper, and shrimp, stirring well.
- ☐ Working with 1 wonton wrapper at a time (cover remaining wrappers with a damp towel to prevent drying), spoon about 1 tablespoon shrimp mixture into center of each wrapper. Moisten edges of wrapper with water; bring 2 opposite corners to center, pinching points to seal. Bring remaining 2 corners to center, pinching points to seal. Pinch 4 edges together to seal.
- ☐ Add water to a wok or large skillet to a depth of 1 inch; bring to a boil. Line a bamboo steamer with 15 carrot slices; arrange 15 dumplings on top of carrot slices. Cover with steamer lid.
- ☐ Place steamer in pan; steam dumplings 12 minutes.
- ☐ Remove dumplings from steamer; cover and keep warm. Repeat procedure with the remaining carrot slices and dumplings.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:29.29, Glycemic Load:1.03, Inflammation Score:-5, Nutrition Score:5.2591303949771%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 116.09kcal (5.8%), Fat: 1.36g (2.09%), Saturated Fat: 0.16g (1%), Carbohydrates: 15.82g (5.27%), Net Carbohydrates: 15.13g (5.5%), Sugar: 1.47g (1.63%), Cholesterol: 56.8mg (18.93%), Sodium: 513.34mg (22.32%), Alcohol: 0.24g (100%), Alcohol %: 0.38% (100%), Protein: 9.43g (18.85%), Manganese: 0.22mg (11.08%), Vitamin A: 528.7IU (10.57%), Selenium: 6.82µg (9.74%), Phosphorus: 96.21mg (9.62%), Copper: 0.18mg (9.17%), Vitamin B1: 0.13mg (8.34%), Folate: 28.23µg (7.06%), Vitamin B3: 1.38mg (6.92%), Magnesium: 26.33mg (6.58%), Iron: 1.18mg (6.54%), Vitamin B2: 0.09mg (5.47%), Vitamin K: 5.18µg (4.93%), Vitamin C: 3.63mg (4.41%), Zinc: 0.65mg (4.32%), Potassium: 150.37mg (4.3%), Calcium: 40.61mg (4.06%), Fiber: 0.69g (2.77%), Vitamin B6: 0.05mg (2.58%), Vitamin E: 0.27mg (1.78%)