



WHATSheATE



Shrimp Mandu (Shrimp Dumplings)



Dairy Free

READY IN



57 min.

SERVINGS



5

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons sesame oil dark
- ☐ 2 garlic cloves chopped
- ☐ 0.5 cup green onions chopped
- ☐ 5 tablespoons korean dipping sauce
- ☐ 6 large cabbage leaves
- ☐ 3 ounces pork loin chop boneless trimmed chopped
- ☐ 30 gyoza skins

- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup shiitake mushroom caps chopped
- ☐ 30 medium shrimp unpeeled
- ☐ 3 ounces water-packed tofu soft drained

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels

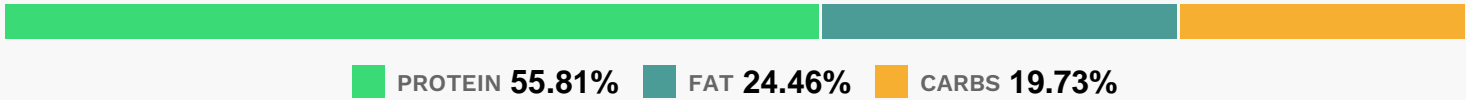
Directions

- ☐ Peel shrimp, leaving tails intact. Butterfly shrimp by cutting each along its back, cutting to, but not through, inside curve of shrimp.
- ☐ Remove and discard vein.
- ☐ Place butterflied shrimp on a paper towel-lined plate; refrigerate until ready to use.
- ☐ Place mushrooms, onions, and garlic in a mini food processor; pulse until minced.
- ☐ Place mushroom mixture in a medium bowl.
- ☐ Place pork in processor; pulse until ground.
- ☐ Add pork to mushroom mixture.
- ☐ Add tofu, oil, pepper, and salt to mushroom mixture; toss well to combine.
- ☐ Working with 1 gyoza skin at a time (cover remaining skins to prevent drying), moisten outside edge of gyoza with water.
- ☐ Place 1 shrimp on skin, cut side down, so tail slightly points up; allow tail to hang over outside edge of skin. Spoon about 1 teaspoon filling over shrimp. Fold gyoza skin over shrimp so edges meet on top; press edges to seal. Moisten one side of seam with water; pleat seam 5 or 6 times.
- ☐ Place dumpling, seam side up, on a baking sheet lined with damp paper towels; cover with damp paper towels to prevent drying. Repeat procedure with remaining gyoza skins, shrimp,

and filling.

- ☐ Line 2 trays of a bamboo steamer with cabbage leaves; top with steamer lid.
- ☐ Add water to a large skillet to a depth of 1 inch; bring to a boil.
- ☐ Place steamer in pan; steam cabbage 4 minutes or until cabbage wilts. Arrange dumplings in trays on top of cabbage; steam 8 minutes or until done.
- ☐ Serve with Korean Dipping Sauce.

Nutrition Facts



Properties

Glycemic Index:31.6, Glycemic Load:0.8, Inflammation Score:-4, Nutrition Score:11.119565212208%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 178.49kcal (8.92%), Fat: 4.82g (7.42%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 8.76g (2.92%), Net Carbohydrates: 7.48g (2.72%), Sugar: 5.36g (5.96%), Cholesterol: 119.14mg (39.71%), Sodium: 571.59mg (24.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.76g (49.52%), Vitamin K: 35.55µg (33.86%), Selenium: 17.97µg (25.67%), Phosphorus: 230.73mg (23.07%), Vitamin B3: 3.74mg (18.69%), Vitamin B6: 0.35mg (17.41%), Copper: 0.31mg (15.5%), Vitamin C: 11.36mg (13.77%), Potassium: 442.59mg (12.65%), Zinc: 1.59mg (10.58%), Magnesium: 40.7mg (10.17%), Manganese: 0.19mg (9.45%), Folate: 36.62µg (9.15%), Vitamin B12: 0.52µg (8.73%), Calcium: 80.29mg (8.03%), Vitamin B2: 0.12mg (7.12%), Vitamin B1: 0.11mg (7.02%), Iron: 1.12mg (6.21%), Vitamin B5: 0.54mg (5.42%), Fiber: 1.28g (5.11%), Vitamin A: 219.9IU (4.4%), Vitamin D: 0.36µg (2.42%), Vitamin E: 0.2mg (1.32%)