



Shrimp Potstickers

READY IN



26 min.

SERVINGS



12

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon cornstarch
- 2 egg whites
- 2 cloves garlic minced
- 1 teaspoon ground pepper black
- 1 juice of lemon juiced
- 0.3 juice of orange juiced
- 2 tablespoons mascarpone cheese
- 0.5 cup napa cabbage chopped
- 2 tablespoons parsley leaves chopped

- 2 tablespoons vegetable oil; peanut oil preferred
- 12 servings ponzu dipping sauce
- 1 pinch pepper flakes red
- 1 tablespoon rice wine vinegar
- 0.5 pound rock shrimp drained chopped
- 2 tablespoons scallions sliced
- 1 shallots minced
- 0.3 cup soya sauce
- 12 won ton wrappers

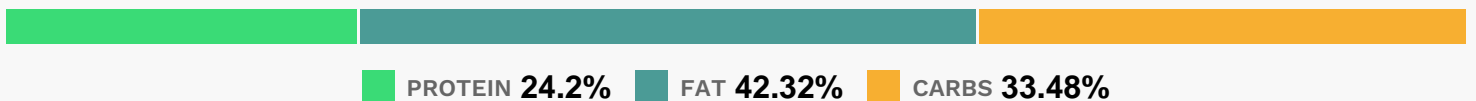
Equipment

- bowl
- frying pan

Directions

- Whip the egg whites and cornstarch together in a small bowl;
- In a large bowl, mix all filling ingredients together.
- Lay 12 wrappers on flat surface.
- Place approximately 1 tablespoon of filling in center of each. Wet edges with egg wash, bring all sides to the center and pinch together.
- Steam potstickers in a steaming pan for 6 to 8 minutes. Do not stack. Handle carefully when ready to remove from the pan.
- In a large skillet heat peanut oil and sear potstickers until golden and crisp.
- Mix all ingredients in a small bowl and serve with potstickers;

Nutrition Facts



Properties

Glycemic Index:25.42, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:4.1369564896045%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 81.56kcal (4.08%), Fat: 3.81g (5.86%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 6.37g (2.32%), Sugar: 0.56g (0.62%), Cholesterol: 26.99mg (9%), Sodium: 543.65mg (23.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Vitamin K: 14.74µg (14.04%), Selenium: 8.92µg (12.74%), Manganese: 0.13mg (6.61%), Phosphorus: 65.85mg (6.58%), Vitamin B3: 1.05mg (5.24%), Vitamin C: 3.84mg (4.66%), Folate: 17.18µg (4.3%), Vitamin E: 0.64mg (4.27%), Vitamin B2: 0.07mg (4%), Vitamin B12: 0.22µg (3.6%), Vitamin B1: 0.05mg (3.55%), Vitamin B6: 0.07mg (3.5%), Copper: 0.07mg (3.26%), Iron: 0.57mg (3.19%), Vitamin A: 152.43IU (3.05%), Magnesium: 10.91mg (2.73%), Calcium: 25.77mg (2.58%), Potassium: 79.77mg (2.28%), Zinc: 0.3mg (2.02%), Fiber: 0.41g (1.64%), Vitamin B5: 0.12mg (1.18%)