



Shrimp Siu Mai (Dumplings)

 Dairy Free

READY IN



35 min.

SERVINGS



16

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon tapioca/arrowroot flour
- ☐ 1 medium carrots diced peeled
- ☐ 0.3 cup chives chopped
- ☐ 4 egg roll wrappers
- ☐ 1 egg white
- ☐ 1 inch ginger fresh minced peeled
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons honey

- ☐ 0.8 teaspoon hot sauce recommended: Sriracha
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 0.3 cup peas frozen thawed
- ☐ 0.5 bell pepper diced red cored seeded
- ☐ 1 teaspoon sesame oil
- ☐ 0.5 pound shrimp deveined peeled cut into 1/4-inch pieces

Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Dumplings: In a medium bowl, whisk together the egg white, sesame oil and arrowroot until frothy. Stir in the bell pepper, carrot, peas, chives, ginger, salt, and shrimp. Put 1/2 of the mixture in a food processor. Blend until the mixture forms a chunky paste. Return the paste to the bowl and combine it with the remaining vegetable mixture.
- ☐ Cut each egg roll wrapper into 4 equal-sized squares. Spoon about 1 tablespoon of the mixture into the center of each piece of dough. Gather the sides of the egg roll wrapper around the filling leaving the top of the filling uncovered. If necessary, use a little water to help secure the wrapper in place. Spray the bottom of a bamboo or stainless steel steamer with vegetable oil cooking spray. Working in batches, stand the dumplings, uncovered filling side up, in the steamer and cover. Steam until the shrimp turn pink and are cooked through, about 6 to 8 minutes.
- ☐ Dipping sauce: In a small bowl, whisk together the soy sauce, honey, hot sauce and garlic.
- ☐ Arrange the dumplings on a platter and serve the dipping sauce alongside.

Nutrition Facts



 **PROTEIN 38.2%**  **FAT 9.19%**  **CARBS 52.61%**

Properties

Glycemic Index:21.9, Glycemic Load:1.51, Inflammation Score:-5, Nutrition Score:2.7756522016033%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 40.59kcal (2.03%), Fat: 0.43g (0.65%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 5.48g (1.83%), Net Carbohydrates: 5.04g (1.83%), Sugar: 2.68g (2.97%), Cholesterol: 23.11mg (7.7%), Sodium: 335.41mg (14.58%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.98g (7.95%), Vitamin A: 798.66IU (15.97%), Vitamin C: 6.49mg (7.86%), Phosphorus: 45.54mg (4.55%), Copper: 0.07mg (3.63%), Manganese: 0.07mg (3.55%), Magnesium: 10.78mg (2.7%), Potassium: 88.84mg (2.54%), Vitamin K: 2.62µg (2.5%), Vitamin B2: 0.04mg (2.39%), Folate: 9.31µg (2.33%), Zinc: 0.31mg (2.03%), Selenium: 1.42µg (2.02%), Vitamin B1: 0.03mg (2.01%), Iron: 0.33mg (1.82%), Vitamin B3: 0.36mg (1.79%), Fiber: 0.44g (1.76%), Vitamin B6: 0.03mg (1.61%), Calcium: 15.31mg (1.53%)