



Shumai with Crab and Pork



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



8666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons ginger fresh minced
- ☐ 0.8 pound coarsely ground 80 percent pork lean
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 pound lump crab meat picked over
- ☐ 1 tablespoon mirin
- ☐ 6 cabbage leaves
- ☐ 24 round gyoza wrappers
- ☐ 4 medium scallions thinly sliced

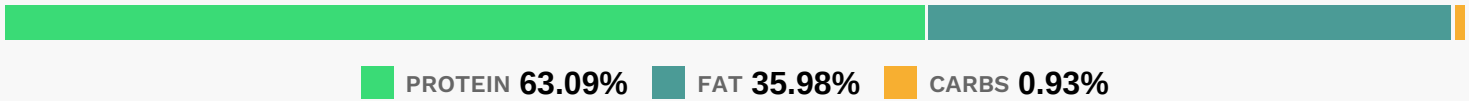
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ wok

Directions

- ☐ In a bowl, mix the pork, scallions, ginger, mirin and salt. Gently fold in the crabmeat.
- ☐ Dust a baking sheet with flour. Hold a gyoza wrapper in your palm, keeping the rest of the wrappers covered with plastic.
- ☐ Place about 1 1/2 tablespoons of the filling in the center of the wrapper and pinch the edges all around, forming an open cup.
- ☐ Transfer the dumpling to the baking sheet and cover. Repeat with the remaining wrappers and filling.
- ☐ Fill a wok with 1 1/2 inches of water and bring to a boil. Arrange the cabbage leaves on 2 tiers of a bamboo steamer so they overlap slightly.
- ☐ Add the dumplings to the steamer and stack the tiers. Cover and steam until the shumai are just cooked, 8 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:2.33, Inflammation Score:-10, Nutrition Score:83.54695660135%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

Nutrients (% of daily need)

Calories: 8665.84kcal (433.29%), Fat: 332.59g (511.68%), Saturated Fat: 115.79g (723.66%), Carbohydrates: 19.32g (6.44%), Net Carbohydrates: 15.46g (5.62%), Sugar: 8g (8.89%), Cholesterol: 3709.69mg (1236.56%), Sodium: 6712.27mg (291.84%), Alcohol: 1.7g (100%), Alcohol %: 0.04% (100%), Protein: 1312.24g (2624.48%), Selenium: 1677.7µg (2396.72%), Vitamin B3: 391.41mg (1957.04%), Vitamin B12: 115.1µg (1918.35%), Vitamin B6: 38.05mg (1902.28%), Zinc: 247.6mg (1650.63%), Phosphorus: 12960.64mg (1296.06%), Iron: 120.16mg (667.58%), Potassium: 20924.19mg (597.83%), Vitamin B2: 9.83mg (578.01%), Vitamin B1: 7.8mg (519.7%), Vitamin B5: 39.53mg (395.31%), Magnesium: 1516.12mg (379.03%), Copper: 6.82mg (341.03%), Vitamin K: 261.37µg (248.93%), Folate: 944.68µg (236.17%), Calcium: 1360.83mg (136.08%), Vitamin E: 16.84mg (112.27%), Vitamin C: 67.66mg (82.01%), Manganese: 1.29mg (64.32%), Vitamin D: 5.42µg (36.16%), Vitamin A: 1183.47IU (23.67%), Fiber: 3.86g (15.42%)