



Steamed Beef Dumplings

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



30

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons soya sauce
- 1 teaspoon cornstarch
- 1 cup carrots shredded
- 2 tablespoons spring onion thinly sliced
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 teaspoon salt
- 0.8 pound ground beef
- 0.3 cup water boiling

- 2 tablespoons water cold
- 0.3 cup rice vinegar
- 0.3 cup soya sauce
- 1 tablespoon spring onion thinly sliced
- 2 cups frangelico

Equipment

- bowl
- sauce pan
- steamer basket

Directions

- To make beef dumplings, mix soy sauce and cornstarch in large bowl. Stir in carrots, onions, cilantro and salt.
- Add beef; mix well. Shape mixture into 30 meatballs, using about 1 tablespoon for each; set aside.
- Stir Bisquick and boiling water in medium bowl until soft dough forms. Stir in cold water until dough forms a ball (dough will be sticky). Divide dough in half. Return one half of dough to bowl; cover and set aside. Divide other half of dough into 15 balls.
- Roll each ball into 3-inch circle on surface sprinkled with Bisquick.
- Place 1 meatball in center of each dough circle. Fold dough up and around meatball, allowing meatball to show at the top. Press dough firmly around meatball, pleating to fit. Gently flatten bottom of each dumpling. Repeat with remaining dough and meatballs.
- Place steamer basket in 1/2 inch water in 3-quart saucepan (water should not touch bottom of basket).
- Place dumplings, open side up, in basket so edges don't touch. (If all dumplings won't fit in basket, refrigerate remainder until ready to steam.) Cover tightly and heat to boiling; reduce heat to low. Cover and steam dumplings 16 to 18 minutes or until beef is no longer pink in center.
- Meanwhile, make Soy Dipping Sauce. In small bowl, stir together vinegar and soy sauce.
- Sprinkle with onion.

Remove dumplings from steamer. Press dough firmly around meatballs.

Serve warm with sauce.

Nutrition Facts

PROTEIN 28.55% **FAT 62.99%** **CARBS 8.46%**

Properties

Glycemic Index:7.43, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:2.0134782551423%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 33.27kcal (1.66%), Fat: 2.28g (3.51%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.27g (0.3%), Cholesterol: 8.05mg (2.68%), Sodium: 205.25mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin A: 720.57IU (14.41%), Vitamin B12: 0.24µg (4.04%), Zinc: 0.5mg (3.34%), Vitamin B3: 0.65mg (3.24%), Selenium: 1.75µg (2.5%), Vitamin B6: 0.05mg (2.46%), Phosphorus: 23.81mg (2.38%), Vitamin K: 2.09µg (1.99%), Iron: 0.32mg (1.77%), Potassium: 52.76mg (1.51%), Vitamin B2: 0.02mg (1.44%), Manganese: 0.03mg (1.26%)