



Steamed Dumpling Spoons with Special Sauce

READY IN



30 min.

SERVINGS



21

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon asian chili paste
- ☐ 1 tablespoon ginger minced
- ☐ 1 teaspoon ginger minced
- ☐ 0.5 pound ground pork
- ☐ 1.5 teaspoons honey
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 21 pot sticker wrappers
- ☐ 0.3 cup rice wine vinegar
- ☐ 3 scallions green finely chopped

- ☐ 2 tablespoons spicy szechwan seasoning mix hot recommended: Sun Luck
- ☐ 1 teaspoon sesame seed oil
- ☐ 0.5 cup straw mushrooms finely chopped recommended: Polar

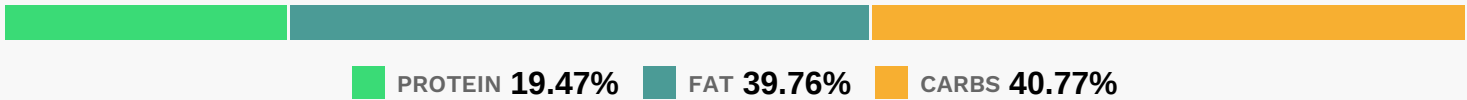
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ baking paper
- ☐ pot
- ☐ wok

Directions

- ☐ Special equipment: bamboo steamer
- ☐ In a large bowl, combine ground pork, chopped mushrooms, scallions, ginger, soy sauce, sesame seed oil, and seasoning mix. Stir thoroughly.
- ☐ Place 1 tablespoon of filling on each wrapper and gather sides up to middle. Leave center of dumpling open. Tap bottom on counter so dumplings sit upright. To keep dumplings from drying out, cover with a damp paper towel until ready to steam.
- ☐ Cut a piece of parchment paper to fit bamboo steamer. Lightly spray with cooking spray and fit into steamer.
- ☐ Place dumplings in steamer and set on top of a wok or medium pot of boiling water. Steam for 6 to 8 minutes or until filling is cooked through.
- ☐ In a medium bowl, stir together all Special Sauce ingredients.
- ☐ Serve dumplings on a Chinese soup spoon with a small amount of sauce.

Nutrition Facts



Properties

Glycemic Index:8.06, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:3.4304347634315%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 60.55kcal (3.03%), Fat: 2.69g (4.14%), Saturated Fat: 0.92g (5.78%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 5.3g (1.93%), Sugar: 0.53g (0.59%), Cholesterol: 8.45mg (2.82%), Sodium: 93.8mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.93%), Vitamin K: 12.33µg (11.74%), Vitamin B1: 0.12mg (8.17%), Selenium: 5.53µg (7.9%), Manganese: 0.13mg (6.62%), Iron: 0.97mg (5.39%), Vitamin B3: 0.97mg (4.87%), Vitamin B2: 0.07mg (3.99%), Fiber: 0.9g (3.61%), Folate: 13.48µg (3.37%), Phosphorus: 31.95mg (3.2%), Vitamin B6: 0.06mg (3.11%), Calcium: 29.73mg (2.97%), Zinc: 0.37mg (2.49%), Magnesium: 8.77mg (2.19%), Potassium: 68.22mg (1.95%), Vitamin E: 0.27mg (1.83%), Copper: 0.03mg (1.69%), Vitamin B12: 0.08µg (1.28%), Vitamin B5: 0.11mg (1.1%)