

# **Steamed Pork and Jicama Dumplings**

Dairy Free







ANTIPASTI

STARTER

SNACK

**APPETIZER** 

## **Ingredients**

Ш	2 tablespoons sesame seeds black toasted
	1 tablespoon cornstarch
	1 large egg whites
	2 tablespoons ginger fresh minced peeled
	1 tablespoon garlic minced

1.5 pound ground pork lean (not )

1 cup jicama diced peeled ()

0.5 teaspoon salt

	0.5 cup spring onion minced	
	1 tablespoon sesame oil	
	1 tablespoon soya sauce	
	60 servings soya sauce	
	2 teaspoons sugar	
	1 tablespoon vegetable oil	
	2 tablespoons sesame seed white toasted	
	60 wonton wrappers frozen thawed (from two 12- to 14-ounce packages)	
Equipment		
	bowl	
	whisk	
	pot	
	plastic wrap	
	cookie cutter	
	ziploc bags	
	colander	
Di	rections	
	Lightly whisk egg white in a large bowl, then whisk in ginger, garlic, peanut oil, sesame oil, soy sauce, cornstarch, sugar, and salt.	
	Add jicama, scallion, and pork and mix together with your hands until combined well.	
	Separate wonton wrappers and restack in piles of 1	
	Cut through each stack with cookie cutter and discard trimmings. Arrange 6 rounds on a work surface (keep remaining rounds covered with plastic wrap) and mound a scant tablespoon filling in center of each. Lightly moisten edge of wrappers with a finger dipped in water. Working with 1 at a time and leaving dumpling on flat surface, gather edge of wrapper around side of filling, pleating wrapper to form a cup and pressing pleats against filling (leave dumpling open at top). Flatten filling flush with edge of wrapper with wet finger and transfer dumpling to a tray. Make more dumplings in same manner with remaining rounds and filling.	

Generously oil bottom of colander-steamer insert and bring a few inches of water to a boil in
pot so that bottom of insert sits above water. Arrange 10 dumplings, about 1/2 inch apart, in
insert and steam over moderate heat, covered, until dough is translucent and filling is just
cooked through, about 6 minutes.
Stir together black and white sesame seeds and sprinkle over dumplings.
Serve immediately.
Dumplings (without sesame seeds) can be formed and steamed 1 day ahead and cooled completely, then chilled, covered. Steamed dumplings can also be frozen 1 week; freeze in 1 layer on a plastic-wrapped tray until hardened, then transfer to a sealable plastic bag. Reheat (do not thaw if frozen) in colander-steamer insert over simmering water (over low heat) until heated through, about 6 minutes.

### **Nutrition Facts**

PROTEIN 26.21% 📕 FAT 40.37% 📙 CARBS 33.42%

#### **Properties**

Glycemic Index:4.37, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:3.3878260416829%

#### **Flavonoids**

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

#### Nutrients (% of daily need)

Calories: 72.53kcal (3.63%), Fat: 3.27g (5.02%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 5.6g (2.04%), Sugar: 0.51g (0.57%), Cholesterol: 8.84mg (2.95%), Sodium: 1092.13mg (47.48%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.77g (9.54%), Vitamin B1: 0.14mg (9.21%), Vitamin B3: 1.66mg (8.29%), Manganese: 0.16mg (7.95%), Selenium: 5.39µg (7.7%), Phosphorus: 54.15mg (5.41%), Vitamin B2: 0.09mg (5.18%), Iron: 0.9mg (4.97%), Vitamin B6: 0.09mg (4.5%), Magnesium: 13.47mg (3.37%), Copper: 0.07mg (3.27%), Folate: 11.67µg (2.92%), Zinc: 0.43mg (2.88%), Potassium: 87.95mg (2.51%), Vitamin K: 2.18µg (2.08%), Fiber: 0.48g (1.92%), Vitamin B5: 0.15mg (1.53%), Calcium: 15.17mg (1.52%), Vitamin B12: 0.08µg (1.36%)