



Steamed Pork and Jicama Dumplings

 Dairy Free

READY IN



4500 min.

SERVINGS



60

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 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

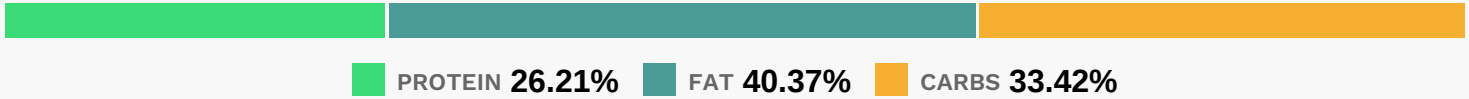
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ ziploc bags
- ☐ colander

Directions

- ☐ 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



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, 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: 0g (100%), Alcohol %: 0% (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%)