



Steamed Pork Wonton Dumplings

 Dairy Free

READY IN



32 min.

SERVINGS



33

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 ounce water chestnuts finely chopped canned
- ☐ 1 eggs beaten
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon ginger jarred minced
- ☐ 1 pound ground pork
- ☐ 33 servings napa cabbage
- ☐ 2 tablespoon oyster sauce
- ☐ 1 pack oriental sesame dressing mix

- ☐ 0.5 cup scallions finely chopped
- ☐ 1 tablespoon sesame oil
- ☐ 16 ounce pack wonton wrappers

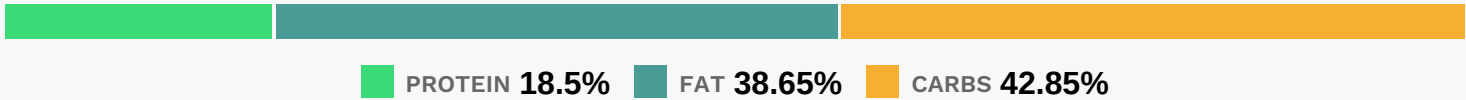
Equipment

- ☐ bowl

Directions

- ☐ Special equipment: Bamboo steamer
- ☐ In a large bowl mix pork, water chestnuts, scallions, garlic, ginger, sesame oil, egg, sesame dressing mix, and oyster sauce. Fill center of each wonton wrapper with 1 teaspoon of meat filling. Gather wrapper up and twist to secure sides.
- ☐ Brush the edges of the wontons with water to help seal. Arrange cabbage leaves on the bottom of a bamboo steamer.
- ☐ Place dumplings about 1-inch apart and steam until the filling is cooked through, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:3.3, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:3.3430434582026%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 86.97kcal (4.35%), Fat: 3.68g (5.67%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 8.71g (3.17%), Sugar: 0.23g (0.25%), Cholesterol: 16.09mg (5.36%), Sodium: 121.18mg (5.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Vitamin B1: 0.18mg (11.67%), Selenium: 7.81µg (11.16%), Vitamin B3: 1.4mg (6.99%), Vitamin B2: 0.1mg (5.61%), Manganese: 0.11mg (5.29%), Phosphorus: 40.65mg (4.07%), Folate: 15.48µg (3.87%), Iron: 0.7mg (3.87%), Vitamin B6: 0.08mg (3.82%), Vitamin K: 3.64µg (3.47%), Zinc: 0.46mg (3.04%), Potassium: 69.47mg (1.98%), Copper: 0.04mg (1.92%), Fiber: 0.48g (1.92%), Vitamin B12: 0.12µg

(1.92%), Magnesium: 6.49mg (1.62%), Vitamin B5: 0.13mg (1.29%), Calcium: 12.07mg (1.21%)