

Steamed Shrimp Dumplings

 Dairy Free

READY IN



100 min.

SERVINGS



36

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons cornstarch
- ☐ 36 round dumpling wrappers frozen thawed
- ☐ 1 large egg white
- ☐ 1 pinch ground pepper white
- ☐ 36 servings kosher salt
- ☐ 1.5 teaspoons rice wine dry chinese
- ☐ 2 scallions finely chopped
- ☐ 0.8 teaspoon sesame oil toasted

- ☐ 0.8 pound shrimp deveined peeled finely chopped
- ☐ 0.5 teaspoon sugar
- ☐ 0.3 cup water chestnuts peeled finely chopped

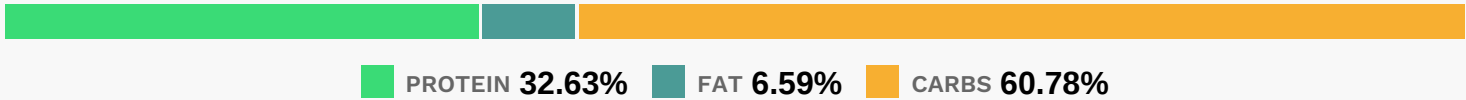
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels

Directions

- ☐ Lightly beat the egg white in a large bowl.
- ☐ Add the shrimp, jicama, scallions, cornstarch, rice wine, sesame oil, 3/4 teaspoon salt, the sugar and pepper. Stir well until the mixture starts to thicken, about 1 minute; cover and refrigerate until very cold, about 1 hour.
- ☐ Set 1 dumpling wrapper on a clean surface (keep the rest covered with a damp paper towel so they don't dry out). Stir the shrimp mixture, then scoop 1 heaping teaspoonful onto the center of the wrapper. Dab a finger in a cup of cold water and moisten the edges of the wrapper. Fold in half and press the edges together to seal; transfer to a baking sheet. Cover with a damp paper towel while you form the remaining dumplings.
- ☐ Fill a large nonstick skillet with 1/4 inch of water and bring to a boil. Working in batches, add the dumplings and arrange in a single layer, cover and let steam until cooked through, about 5 minutes. (If the water evaporates before the dumplings are fully cooked, add 2 more tablespoons to the skillet.) Carefully transfer the dumplings to a serving plate.
- ☐ Ponzu Dipping Sauce
- ☐ Combine 3 tablespoons ponzu sauce, 1 teaspoon soy sauce, 1/2 teaspoon sesame oil and 1 chopped scallion in a small bowl.
- ☐ Photograph by Kang Kim

Nutrition Facts



Properties

Glycemic Index:2.84, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.3047825904644%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 34.7kcal (1.73%), Fat: 0.25g (0.38%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 4.94g (1.79%), Sugar: 0.16g (0.18%), Cholesterol: 15.89mg (5.3%), Sodium: 249.85mg (10.86%), Alcohol: 0.03g (100%), Alcohol %: 0.19% (100%), Protein: 2.78g (5.56%), Selenium: 2.34µg (3.34%), Manganese: 0.06mg (2.82%), Phosphorus: 27.38mg (2.74%), Vitamin B1: 0.04mg (2.65%), Copper: 0.05mg (2.62%), Vitamin B3: 0.42mg (2.12%), Vitamin B2: 0.03mg (1.98%), Iron: 0.34mg (1.91%), Folate: 7.1µg (1.78%), Vitamin K: 1.4µg (1.33%), Zinc: 0.2mg (1.31%), Magnesium: 5.24mg (1.31%), Potassium: 38.39mg (1.1%), Calcium: 10.4mg (1.04%)