



Steamed Vegetarian Dumplings

 Dairy Free

READY IN



45 min.

SERVINGS



50

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup carrots shredded
- ☐ 1 teaspoon cornstarch
- ☐ 4 teaspoons cornstarch
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 0.5 ounce ears corn dried
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 tablespoon spring onion minced

- ☐ 0.5 cup soy sauce low-sodium
- ☐ 2 teaspoons soy sauce low-sodium
- ☐ 50 wonton wrappers
- ☐ 1 teaspoon salt
- ☐ 0.5 pound tofu firm drained cut into 1/2-inch slices
- ☐ 0.3 cup water
- ☐ 0.5 cup water chestnuts drained sliced

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels

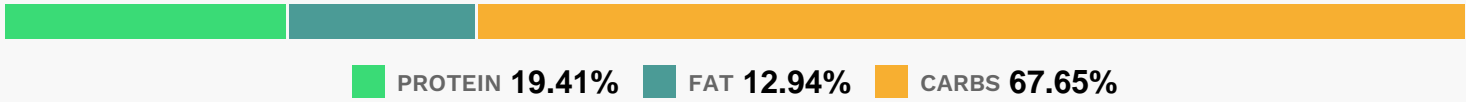
Directions

- ☐ Place the tofu on several layers of paper towels, and cover with additional paper towels.
- ☐ Let stand 30 minutes, pressing down occasionally.
- ☐ Place tofu in a large bowl, and mash with a fork until smooth. Set tofu aside.
- ☐ Combine boiling water and mushrooms in a bowl; cover and let stand 20 minutes or until soft.
- ☐ Drain.
- ☐ Place the mushrooms and water chestnuts in a food processor; pulse 5 times or until minced.
- ☐ Add mushroom mixture, carrot, and the next 7 ingredients (carrot through 4 teaspoons cornstarch) to tofu; stir well.
- ☐ Working with 1 won ton wrapper at a time (cover remaining wrappers to keep them from drying), spoon 1 teaspoon tofu mixture into center of each wrapper. Moisten edges of wrapper with water; bring 2 opposite corners to center, pinching points to seal. Bring remaining 2 corners to center, pinching edges together to seal.
- ☐ Place dumplings, seam sides up, on a large baking sheet sprinkled with 1 teaspoon cornstarch (cover loosely with a towel to keep them from drying).

- ☐
- Arrange one-third of the dumplings in a single layer in a vegetable steamer coated with cooking spray. Steam dumplings, covered, for 15 minutes.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:2.18, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:1.5543478176646%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 32.69kcal (1.63%), Fat: 0.47g (0.72%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 5.49g (1.83%), Net Carbohydrates: 5.15g (1.87%), Sugar: 0.23g (0.26%), Cholesterol: 4.39mg (1.47%), Sodium: 191.76mg (8.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.15%), Vitamin A: 328.93IU (6.58%), Selenium: 2.47µg (3.53%), Manganese: 0.07mg (3.37%), Vitamin B1: 0.04mg (2.84%), Vitamin B2: 0.04mg (2.46%), Vitamin B3: 0.48mg (2.39%), Iron: 0.4mg (2.24%), Folate: 8.91µg (2.23%), Phosphorus: 14.34mg (1.43%), Fiber: 0.35g (1.38%), Calcium: 11.53mg (1.15%), Magnesium: 4.14mg (1.03%)