

Surprise Gyoza

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



131 kcal

SIDE DISH

Ingredients

- 1 tsp agave nectar (see note)
- 0.5 tsp cornstarch
- 0.5 tsp juice of lemon
- 1 small peaches diced peeled
- 0.5 tbsp wine (I used Pinot Grigio)
- 20 wonton wrappers (or potstickers or wonton wrappers)

Equipment

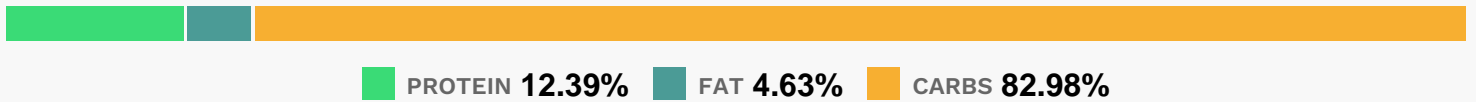
- bowl

- steamer basket

Directions

- Put the diced fruit into a microwavable bowl and add all ingredients (except the wrappers). Nuke for 2 minutes, stirring after one minute. Set a steamer basket over water that comes just below the bottom of the basket. If you're using a metal steamer, spray it lightly with non-stick spray.
- Remove one wrapper at a time, keeping the rest of the stack covered with a damp cloth.
- Place about 1-2 teaspoons of fruit filling on the wrapper, brush the edges with water, then fold one edge over the fruit. Press it together to seal, starting from the bottom (close to the fold) in order to keep the juices from running out. Stand it up on the fold, press it down slightly to form a flat base, and crimp the edges a little to form ruffles. (If you're using wonton wrappers, you will form a triangle and may not be able to get the same ruffled effect.) Put it on its bottom in the steamer and repeat with the other wrappers. Bring the water to a boil, and steam for about 7 minutes.
- Remove from the steamer and keep them in a covered container—they do dry out quickly if you're not careful.

Nutrition Facts



Properties

Glycemic Index:13.81, Glycemic Load:1.32, Inflammation Score:-2, Nutrition Score:4.797826051712%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 130.75kcal (6.54%), Fat: 0.66g (1.01%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 26.62g (8.87%), Net Carbohydrates: 25.45g (9.26%), Sugar: 3.92g (4.35%), Cholesterol: 3.38mg (1.13%), Sodium: 218.82mg (9.51%), Alcohol: 0.2g (100%), Alcohol %: 0.34% (100%), Protein: 3.98g (7.95%), Selenium: 11.29µg (16.13%), Vitamin B1: 0.2mg (13.65%), Manganese: 0.26mg (12.97%), Vitamin B3: 2.31mg (11.54%), Vitamin B2: 0.15mg (9.1%), Folate: 34.84µg (8.71%), Iron: 1.37mg (7.63%), Fiber: 1.17g (4.68%), Copper: 0.08mg (4.04%), Phosphorus: 37.62mg (3.76%), Magnesium: 10.16mg (2.54%), Zinc: 0.34mg (2.28%), Vitamin C: 1.87mg (2.26%), Vitamin A: 111.24IU (2.22%), Potassium: 71.12mg (2.03%), Calcium: 18.98mg (1.9%), Vitamin E: 0.26mg (1.7%), Vitamin K: 1.36µg (1.3%), Vitamin B6: 0.02mg (1.18%)