

Turkey Pot Stickers

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup carrots sliced
- 0.5 teaspoon sesame oil dark
- 3 large egg whites lightly beaten
- 2 tablespoons ginger fresh minced peeled
- 2 garlic cloves minced
- 0.5 cup green onions sliced
- 2 tablespoons soya sauce low-sodium
- 4 inch gyoza skins

- 2 tablespoons rice vinegar
- 1 cup shiitake mushroom caps sliced
- 2 cups skinned turkey cooked chopped
- 2 teaspoons vegetable oil divided
- 0.5 cup water divided
- 2 tablespoons water

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- paper towels
- whisk

Directions

- To prepare dipping sauce, combine first 5 ingredients, stirring well with a whisk.
- To prepare dumplings, place mushrooms, onions, carrot, ginger, and vinegar in a food processor; pulse until coarsely chopped, scraping sides.
- Combine mushroom mixture and egg whites in a large bowl; add turkey, stirring until combined.
- Working with 1 gyoza skin at a time (cover remaining skins to keep from drying), spoon about 1 tablespoon turkey mixture into center of each skin. Moisten edges of skin with water. Fold in half, pinching edges together to seal.
- Place dumpling on a baking sheet (cover loosely with a towel to keep from drying). Repeat procedure with remaining skins and turkey mixture.
- Heat 1 teaspoon vegetable oil in a large nonstick skillet over medium-high heat. Arrange half of dumplings in pan; cover and cook 5 minutes or until lightly browned. Turn dumplings; add 1/4 cup water. Cover and simmer 5 minutes.
- Remove from pan; keep warm.

Wipe pan dry with a paper towel. Repeat procedure with remaining vegetable oil, dumplings, and water.

Serve warm with dipping sauce.

Nutrition Facts

PROTEIN 43.71% **FAT 38.09%** **CARBS 18.2%**

Properties

Glycemic Index:25.73, Glycemic Load:0.72, Inflammation Score:-5, Nutrition Score:6.4582608160765%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 79.3kcal (3.96%), Fat: 3.38g (5.2%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 2.58g (0.94%), Sugar: 1.17g (1.3%), Cholesterol: 19.1mg (6.37%), Sodium: 223.38mg (9.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.73g (17.45%), Vitamin B3: 3.14mg (15.7%), Vitamin A: 745.17IU (14.9%), Vitamin K: 15.58µg (14.84%), Selenium: 9.58µg (13.68%), Vitamin B6: 0.26mg (13%), Vitamin B2: 0.18mg (10.58%), Phosphorus: 91.23mg (9.12%), Vitamin B5: 0.69mg (6.85%), Potassium: 216.2mg (6.18%), Manganese: 0.12mg (6.04%), Zinc: 0.82mg (5.46%), Vitamin B12: 0.31µg (5.24%), Magnesium: 18.88mg (4.72%), Fiber: 1.06g (4.24%), Copper: 0.08mg (4.02%), Folate: 12.64µg (3.16%), Iron: 0.53mg (2.97%), Vitamin C: 1.74mg (2.11%), Vitamin B1: 0.03mg (1.75%), Calcium: 14mg (1.4%), Vitamin E: 0.2mg (1.33%), Vitamin D: 0.19µg (1.25%)