



Vegetable Pot Stickers



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups fat-skimmed beef broth fat-free
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 cup celery finely chopped
- ☐ 0.5 cup cabbage thinly sliced
- ☐ 0.5 cup mushrooms chopped
- ☐ 1 teaspoon ginger grated
- ☐ 2 cloves garlic finely chopped
- ☐ 1 teaspoon soya sauce

- ☐ 1 teaspoon sesame oil dark
- ☐ 0.5 package wonton skins (16-ounce size) (30 skins)

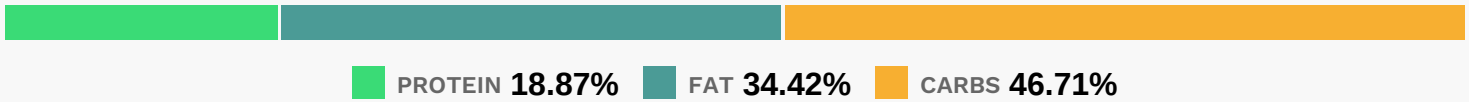
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat 3/4 cup of the broth to boiling in 10-inch nonstick skillet over medium-high heat. Stir in onion, celery, cabbage, mushrooms, gingerroot, and garlic. Cook 5 to 8 minutes, stirring frequently and adding more broth if vegetables begin to stick, until vegetables are tender; remove from heat. Stir in soy sauce and sesame oil.
- ☐ Remove vegetable mixture from skillet. Wipe out skillet.
- ☐ Brush edges of 1 wonton skin with water.
- ☐ Place 1 heaping teaspoon vegetable mixture on center of skin. Fold skin in half over filling and pinch edges to seal. Make creases in sealed edges to form pleats on one side of each pot sticker. Repeat with remaining wonton skins and vegetable mixture.
- ☐ Spray skillet with cooking spray; heat skillet over medium heat. Cook pot stickers in skillet, pleated sides up, about 1 minute or until bottoms are light brown.
- ☐ Add remaining 3/4 cup broth. Cover and cook 5 to 8 minutes or until most of liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:1.3786956601493%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 12.42kcal (0.62%), Fat: 0.51g (0.79%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.2g (0.44%), Sugar: 0.68g (0.76%), Cholesterol: 0.05mg (0.02%), Sodium: 179.06mg (7.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.27%), Vitamin K: 4.24µg (4.03%), Vitamin C: 2.33mg (2.82%), Vitamin B3: 0.43mg (2.13%), Vitamin B2: 0.03mg (2.03%), Manganese: 0.04mg (2.03%), Selenium: 1.36µg (1.94%), Vitamin B6: 0.04mg (1.82%), Potassium: 60.75mg (1.74%), Folate: 6.15µg (1.54%), Copper: 0.03mg (1.52%), Vitamin B5: 0.15mg (1.49%), Fiber: 0.37g (1.49%), Phosphorus: 14.08mg (1.41%), Vitamin B12: 0.07µg (1.17%)