



Vegetarian Steamed Dumplings

 Dairy Free

READY IN



62 min.

SERVINGS



35

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup coarsely carrots grated
- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 1 eggs lightly beaten
- ☐ 2 teaspoons ginger fresh finely minced
- ☐ 1 tablespoon hoisin sauce
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup napa cabbage shredded

- ☐ 2 tablespoons bell pepper red finely chopped
- ☐ 2 tablespoons scallions finely chopped
- ☐ 2 teaspoons sesame oil
- ☐ 1 tablespoon soya sauce
- ☐ 0.5 pound spicy tofu firm
- ☐ 35 servings bowl of water for steamer
- ☐ 35 wonton wrappers

Equipment

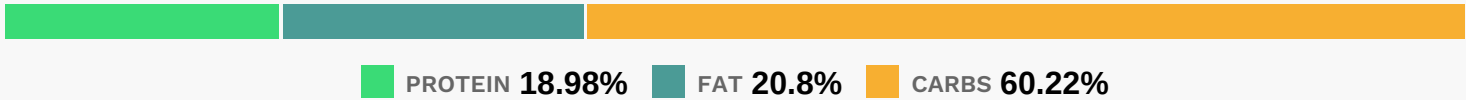
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 200 degrees F.
- ☐ Cut the tofu in half horizontally and lay between layers of paper towels.
- ☐ Place on a plate, top with another plate, and place a weight on top (a 14-ounce can of vegetables works well).
- ☐ Let stand 20 minutes. After 20 minutes, cut the tofu into 1/4-inch cubes and place in a large mixing bowl.
- ☐ Add the carrots, cabbage, red pepper, scallions, ginger, cilantro, soy sauce, hoisin, sesame oil, egg, salt, and pepper. Lightly stir to combine.
- ☐ To form the dumplings, remove 1 wonton wrapper from the package, covering the others with a damp cloth.
- ☐ Brush the edges of the wrapper lightly with water.
- ☐ Place 1/2 rounded teaspoon of the tofu mixture in the center of the wrapper. Shape as desired. Set on a sheet pan and cover with a damp cloth. Repeat procedure until all of the filling is gone.

- ☐
- Using a steaming apparatus of your choice, bring 1/4 to 1/2-inch of water to a simmer over medium heat. Spray the steamer's surface lightly with the non-stick vegetable spray to prevent sticking.
- ☐
- Place as many dumplings as will fit into a steamer, without touching each other. Cover and steam for 10 to 12 minutes over medium heat.
- ☐
- Remove the dumplings from the steamer to a heatproof platter and place in oven to keep warm. Repeat until all dumplings are cooked.

Nutrition Facts



Properties

Glycemic Index:7.2, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:1.7034782624763%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 33.7kcal (1.69%), Fat: 0.77g (1.19%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 4.73g (1.72%), Sugar: 0.29g (0.32%), Cholesterol: 5.37mg (1.79%), Sodium: 160.81mg (6.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.17%), Vitamin A: 337.71IU (6.75%), Selenium: 2.53µg (3.61%), Manganese: 0.06mg (3%), Vitamin B1: 0.04mg (2.79%), Copper: 0.05mg (2.66%), Vitamin B3: 0.46mg (2.32%), Vitamin B2: 0.04mg (2.25%), Folate: 8.93µg (2.23%), Iron: 0.39mg (2.15%), Calcium: 21.53mg (2.15%), Vitamin K: 1.54µg (1.47%), Vitamin C: 1.16mg (1.4%), Magnesium: 4.9mg (1.23%), Fiber: 0.29g (1.18%), Phosphorus: 10.69mg (1.07%)