

Veggie Potstickers

 Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 medium carrots grated
- ☐ 0.5 inch ginger fresh finely grated peeled
- ☐ 1 inch ginger fresh grated peeled
- ☐ 1 clove garlic pressed
- ☐ 1 leek cleaned thinly sliced
- ☐ 0.5 lemon zest
- ☐ 0.3 cup soya sauce light
- ☐ 1 head napa cabbage shredded finely

- ☐ 2 tablespoons rice wine vinegar
- ☐ 0.5 teaspoon sesame oil toasted
- ☐ 2 teaspoons soya sauce
- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons vegetable oil
- ☐ 24 wonton wrappers

Equipment

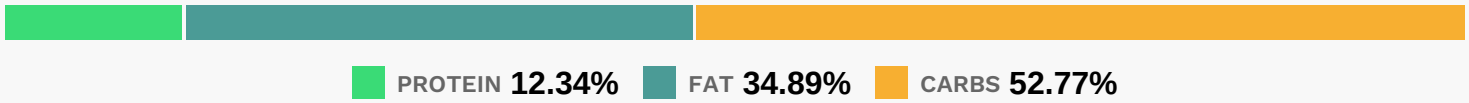
- ☐ bowl
- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ Heat 2 tablespoons of the oil in a large nonstick skillet over medium-high heat.
- ☐ Add the leeks and garlic and cook until leeks begin to soften, about 3 to 4 minutes.
- ☐ Add the cabbage, vinegar, soy sauce, and ginger and cook, stirring, until cabbage is soft, about 3 to 4 minutes more.
- ☐ Remove from the heat and stir in the carrot. Allow the filling to cool.
- ☐ Transfer cabbage mixture to a mixing bowl and work together until fully incorporated. Keep refrigerated until ready to use.
- ☐ To make the potstickers, lay a wonton wrapper on the work surface and put about 1 tablespoon of the filling in the center. Dip your finger in a little water and wet the edges of the wonton wrapper; this will help the potsticker seal when cooking. Bring the outside edges of the wonton wrapper together over the filling and press it together to form a pouch. Continue with the remaining wrappers and filling.
- ☐ To cook the potstickers, heat the remaining oil in a very large skillet over high heat.
- ☐ Place all of the potstickers upright in the pan and cook, without disturbing them, until browned on the bottom, about 1 to 2 minutes.
- ☐ Add 1/2 cup water to the pan and immediately cover. Allow the potstickers to steam for about 3 minutes, then remove the skillet lid. Continue cooking until the water is completely evaporated.

- ☐
- Transfer to a platter and serve with the dipping sauce.
- ☐
- Stir all ingredients together in a small bowl until sugar is dissolved. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:13.37, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:4.613043544895%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 50.12kcal (2.51%), Fat: 2g (3.07%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 6.79g (2.26%), Net Carbohydrates: 6.02g (2.19%), Sugar: 1.02g (1.14%), Cholesterol: 0.68mg (0.22%), Sodium: 211.81mg (9.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin K: 21.31µg (20.29%), Vitamin C: 10.94mg (13.26%), Vitamin A: 606.8IU (12.14%), Folate: 39.52µg (9.88%), Manganese: 0.16mg (7.95%), Vitamin B6: 0.11mg (5.48%), Vitamin B1: 0.06mg (4%), Calcium: 36.56mg (3.66%), Vitamin B3: 0.72mg (3.58%), Selenium: 2.43µg (3.47%), Potassium: 118.94mg (3.4%), Vitamin B2: 0.05mg (3.21%), Fiber: 0.77g (3.08%), Iron: 0.53mg (2.94%), Phosphorus: 23.34mg (2.33%), Magnesium: 9.14mg (2.28%), Copper: 0.04mg (1.78%), Vitamin E: 0.24mg (1.58%), Zinc: 0.17mg (1.11%)