

# Chicken Dumplings

*The Essential Appetizers Cookbook (1999)*

*Whitecap Books*

## **Yield: 50 dumplings**

*12 ounces chicken mince*  
*3 ounces ham, finely chopped*  
*4 spring onions, finely chopped*  
*1 stick celery, finely chopped*  
*3 tablespoons bamboo shoots, chopped*  
*1 tablespoon soy sauce*  
*1 clove garlic, crushed*  
*1 teaspoon fresh ginger, grated*

## **Preparation Time: 30 minutes**

### **Cook Time: 45 minutes**

In a bowl, place the mince, ham, onions, celery, bamboo shoots, soy sauce, garlic and ginger. Mix well.

Place a heaped teaspoon of the filling in the center of each won ton wrapper. Brush the edges with a little water, then gather the wrapper around the filling to form a pouch, slightly open at the top.

Steam in a bamboo or metal steamer over a pan of shimmering water for 15 minutes or until cooked through.

Serve with soy sauce.

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Per Serving (excluding unknown items): 203 Calories; 9g Fat (40.1% calories from fat); 18g Protein; 13g Carbohydrate; 3g Dietary Fiber; 48mg Cholesterol; 2195mg Sodium. Exchanges: 2 Lean Meat; 2 Vegetable; 1/2 Fat.

Appetizers

## **Per Serving Nutritional Analysis**

|                                       |       |                            |       |
|---------------------------------------|-------|----------------------------|-------|
| <b>Calories (kcal):</b>               | 203   | <b>Vitamin B6 (mg):</b>    | .4mg  |
| <b>% Calories from Fat:</b>           | 40.1% | <b>Vitamin B12 (mcg):</b>  | .7mcg |
| <b>% Calories from Carbohydrates:</b> | 24.7% | <b>Thiamin B1 (mg):</b>    | .8mg  |
| <b>% Calories from Protein:</b>       | 35.2% | <b>Riboflavin B2 (mg):</b> | .3mg  |
| <b>Total Fat (g):</b>                 | 9g    | <b>Folacin (mcg):</b>      | 57mcg |
| <b>Saturated Fat (g):</b>             | 3g    | <b>Niacin (mg):</b>        | 6mg   |
| <b>Monounsaturated Fat (g):</b>       | 4g    | <b>Caffeine (mg):</b>      | 0mg   |

|                          |        |
|--------------------------|--------|
| Polyunsaturated Fat (g): | 1g     |
| Cholesterol (mg):        | 48mg   |
| Carbohydrate (g):        | 13g    |
| Dietary Fiber (g):       | 3g     |
| Protein (g):             | 18g    |
| Sodium (mg):             | 2195mg |
| Potassium (mg):          | 766mg  |
| Calcium (mg):            | 78mg   |
| Iron (mg):               | 2mg    |
| Zinc (mg):               | 2mg    |
| Vitamin C (mg):          | 40mg   |
| Vitamin A (i.u.):        | 290IU  |
| Vitamin A (r.e.):        | 29RE   |

|                 |      |
|-----------------|------|
| Alcohol (kcal): | 0    |
| % Refuse:       | n n% |

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### Food Exchanges

|                      |     |
|----------------------|-----|
| Grain (Starch):      | 0   |
| Lean Meat:           | 2   |
| Vegetable:           | 2   |
| Fruit:               | 0   |
| Non-Fat Milk:        | 0   |
| Fat:                 | 1/2 |
| Other Carbohydrates: | 0   |

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## Nutrition Facts

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### Amount Per Serving

|          |     |                       |
|----------|-----|-----------------------|
| Calories | 203 | Calories from Fat: 82 |
|----------|-----|-----------------------|

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### % Daily Values\*

|                            |        |     |
|----------------------------|--------|-----|
| <b>Total Fat</b>           | 9g     | 14% |
| Saturated Fat              | 3g     | 15% |
| <b>Cholesterol</b>         | 48mg   | 16% |
| <b>Sodium</b>              | 2195mg | 91% |
| <b>Total Carbohydrates</b> | 13g    | 4%  |
| Dietary Fiber              | 3g     | 12% |
| <b>Protein</b>             | 18g    |     |
| <hr/>                      |        |     |
| <b>Vitamin A</b>           |        | 6%  |
| <b>Vitamin C</b>           |        | 66% |
| <b>Calcium</b>             |        | 8%  |
| <b>Iron</b>                |        | 14% |

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\* Percent Daily Values are based on a 2000 calorie diet.