

# Pork Dumplings

*The Essential Appetizers Cookbook (1999)*

*Whitecap Books*

## **Yield: 50 dumplings**

*4 ounces pork mince*  
*4 ounces raw prawn meat, finely chopped*  
*2 ounces bamboo shoots, chopped*  
*3 spring onions, finely chopped*  
*3 mushrooms, finely chopped*  
*1 stick celery, finely chopped*  
*1/2 red pepper, finely chopped*  
*1 tablespoon dry sherry*  
*1 tablespoon soy sauce*  
*1 teaspoon sesame oil*  
*1/2 teaspoon chopped chili*  
*50 won ton wrappers*  
*soy sauce (for dipping)*

## **Preparation Time: 30 minutes**

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

In a bowl, place the mince, prawns, bamboo shoots, onions, mushrooms, celery, pepper, dry sherry, soy sauce, sesame oil and chili. 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): 132 Calories; 5g Fat (35.7% calories from fat); 5g Protein; 16g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 1078mg Sodium. Exchanges: 3 Vegetable; 1 Fat.

Appetizers

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	132	<b>Vitamin B6 (mg):</b>	.4mg
<b>% Calories from Fat:</b>	35.7%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	48.4%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	15.9%	<b>Riboflavin B2 (mg):</b>	.4mg
<b>Total Fat (g):</b>	5g	<b>Folacin (mcg):</b>	71mcg
<b>Saturated Fat (g):</b>	1g	<b>Niacin (mg):</b>	4mg

**Monounsaturated Fat (g):** 2g  
**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 16g  
**Dietary Fiber (g):** 5g  
**Protein (g):** 5g  
**Sodium (mg):** 1078mg  
**Potassium (mg):** 887mg  
**Calcium (mg):** 68mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 128mg  
**Vitamin A (i.u.):** 3630IU  
**Vitamin A (r.e.):** 363RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 17  
**% Refuse:** n n%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 3  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1  
**Other Carbohydrates:** 0

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## Nutrition Facts

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### Amount Per Serving

**Calories** 132 Calories from Fat: 47

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### % Daily Values\*

<b>Total Fat</b>	5g		8%
	Saturated Fat	1g	4%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	1078mg		45%
<b>Total Carbohydrates</b>	16g		5%
	Dietary Fiber	5g	20%
<b>Protein</b>	5g		
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<b>Vitamin A</b>			73%
<b>Vitamin C</b>			214%
<b>Calcium</b>			7%
<b>Iron</b>			14%

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