



NEW ASIAN CUISINE - Chinese Meat Dumplings

Number of Servings: 50

Bulk recipe for 50 dumplings; *analysis for 1 dumpling.*

| <i>Item Name</i> | <i>Quantity</i> | <i>Measure</i> |
|-----------------------------------|-----------------|----------------|
| Napa cabbage, cored/minced, fresh | 5 | Cup |
| Salt | 1 | Teaspoon |
| Ground pork, lean, raw weight | 1 | Pound |
| Leeks, minced, fresh | 1 | Cup |
| Garlic cloves, minced, fresh | 1 | Tablespoon |
| Soy sauce | 2.5 | Tablespoon |
| Sesame oil, toasted | 2 | Tablespoon |
| Rice wine | 1.5 | Tablespoon |
| Ginger, peeled/minced, fresh | 1.5 | Tablespoon |
| Cornstarch | 1 | Tablespoon |
| Gyoza skins | 50 | Each |

Nutrients

| | | | | | |
|---------------|---------|--------------|--------|---------|-----|
| Calories | 45 kcal | Cholesterol | 5 mg | Fiber | 0 g |
| Total Fat | 2 g | Sodium | 160 mg | Sugars | 1 g |
| Saturated Fat | 0.5 g | Carbohydrate | 5 g | Protein | 2 g |
| Trans Fat | 0 g | | | | |

Notes

0 cups fruits/vegetables

NAC

1/28/08

Healthy Dining

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