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Shrimp Steamed Dumplings ♦

Shrimp steamed dumplings are a popular Chinese dish that originated in Cantonese cuisine. These dumplings are made by wrapping a filling of minced shrimp, vegetables, and seasonings in a thin dough wrapper. They are then steamed until the filling is cooked and the wrapper becomes soft and translucent. Shrimp steamed dumplings are often served as dim sum and can be enjoyed as a snack or as part of a meal.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 15 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	Shrimp
50 g	Green Onions
10 g	Ginger
10 g	garlic

20 ml	soy sauce
10 ml	sesame oil
20 g	cornstarch
5 g	salt
2 g	white pepper
40 pieces	wonton wrappers

Directions

Step 1

Cutting

Finely chop the green onions, ginger, and garlic.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a mixing bowl, combine the chopped green onions, ginger, garlic, shrimp, soy sauce, sesame oil, cornstarch, salt, and white pepper. Mix well.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Folding

Place a small spoonful of the shrimp mixture onto a wonton wrapper. Fold the wrapper in half to form a triangle and press the edges to seal. Repeat with the remaining wrappers and filling.

Prep Time: 10 mins

Cook Time: 0 mins

Step 4

Steaming

Prepare a steamer by filling it with water and bringing it to a boil. Place the shrimp dumplings in the steamer basket, leaving some space between each dumpling. Steam for 10-12 minutes or until the shrimp is cooked through and the wrappers are translucent.

Prep Time: 0 mins

Cook Time: 12 mins

Step 5

Serving

Serve the shrimp steamed dumplings hot with soy sauce or your favorite dipping sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 2 g

Protein: 9 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	9 g	52.94%	52.94%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	1 g	2.63%	4%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	75 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	450 mg	19.57%	19.57%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	6 mg	75%	33.33%
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

Chinese Mexican Thai Japanese Mediterranean Spanish
Middle Eastern

Nutritional Content

Low Calorie Low Fat Low Sodium Sugar-Free

Kitchen Tools

Blender Oven Stove

Course

Appetizers Salads Snacks Sauces & Dressings

Cooking Method

Steaming Microwaving

Meal Type

Lunch Snack Supper

Difficulty Level

Easy

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