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Vegetable Dumplings ♦

Vegetable dumplings are a popular vegetarian dish that originated in China. They are typically made with a mixture of finely chopped vegetables, such as cabbage, carrots, and mushrooms, seasoned with soy sauce and other spices. The filling is then wrapped in a thin dough and steamed or pan-fried until cooked. Vegetable dumplings are often served with a dipping sauce and can be enjoyed as a main course or as an appetizer.

Recipe Type: Vegetarian

Prep Time: 30 mins

Cook Time: 20 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	cabbage
100 g	Carrots
100 g	Mushrooms
2 tbsp	soy sauce

1 tsp	Ginger
2 cloves	garlic
2 tsp	sesame oil
1 tsp	Salt
1 tsp	Pepper
40 pieces	dumpling wrappers

Directions

Step 1

Cut

Finely chop the cabbage, carrots, mushrooms, ginger, and garlic.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the chopped vegetables with soy sauce, sesame oil, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Folding

Place a small spoonful of the vegetable filling onto a dumpling wrapper. Fold the wrapper in half and pinch the edges to seal.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Folding

Repeat step 3 until all the filling and wrappers are used.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Steaming, pan-frying

To cook the dumplings, you can either steam them or pan-fry them. If steaming, place the dumplings in a steamer basket and steam for about 10 minutes. If pan-frying, heat some oil in a pan and cook the dumplings until golden brown on both sides.

Prep Time: 5 mins

Cook Time: 20 mins

Nutrition Facts

Calories: 100 kcal

Fat: 5 g

Protein: 3 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	150 mg	4.41%	5.77%
Zinc	2 mg	18.18%	25%
Selenium	4 mcg	7.27%	7.27%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Game Day

Cuisines

Italian Chinese Mexican French Japanese Mediterranean Greek
American

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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