

Stuffed Chinese Fried Gluten Balls

Yield: 4 min
Total Time: 100 min

Recipe from: <https://www.recipeschoose.com/recipes/gluten-protein-chinese-recipe>

Ingredients:

- 8 fresh shiitake mushrooms or 6 reconstituted dried shiitake mushrooms, stems removed
- 1 tablespoon ginger minced
- 2 scallions
- 1 tablespoon vegetable oil
- 9/16 pound ground pork 9 ounces; can substitute ground chicken or turkey
- 1 tablespoon Shaoxing wine
- 1 tablespoon light soy sauce
- 1/2 teaspoon dark soy sauce
- 1/2 teaspoon sugar
- 1/2 teaspoon sesame oil
- 1/2 teaspoon white pepper
- 3 tablespoons water
- 1 package gluten balls, 50g, about 12-15 balls
- 1 tablespoon vegetable oil
- 1 3/8 teaspoons rock sugar can substitute 1 1/2 teaspoons granulated sugar
- 2 slices ginger
- 2 scallions cut into large pieces
- 1 tablespoon Shaoxing wine
- 1 tablespoon light soy sauce
- 1/2 teaspoon dark soy sauce
- 1 tablespoon oyster sauce
- 1 star anise
- 2 1/2 cups water

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 8 grams

3. Cholesterol: 45 milligrams
4. Fat: 21 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. SaturatedFat: 6 grams
8. Sodium: 700 milligrams
9. Sugar: 2 grams

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