

Chinese Vegetable Dumplings

Yield: 38 min
Total Time: 165 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-vegetable-dumplings>

Ingredients:

- 1 pound chinese chives
- 8 ounces firm tofu
- 5 shiitake mushroom fresh or re-constituted
- 2 bunches vermicelli green bean
- 3 inches ginger slice
- 3 large eggs
- 3 tablespoons cooking oil
- 1 teaspoon sesame oil
- 1 1/2 tablespoons table salt
- 1 teaspoon soy sauce
- 3 tablespoons corn starch
- 1 teaspoon white pepper powder
- 1/2 teaspoon spice five-, powder
- 1 pound dumpling wrappers or about 40 homemade dumpling wrappers

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 20 milligrams
4. Fat: 2.5 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. Sodium: 370 milligrams

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