

# Filipino Lumpia

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup carrots finely chopped
- 0.3 cup bell pepper green finely chopped
- 1 pound ground beef
- 0.5 pound ground pork
- 1 quart oil for frying
- 0.3 cup onion finely chopped
- 1 lumpia wrappers

## Equipment

- bowl
- frying pan
- paper towels

## Directions

- Make sure the lumpia wrappers are completely thawed.
- Lay several out on a clean dry surface and cover with a damp towel. The wrappers are very thin and the edges will dry out quickly.
- In a medium bowl, blend together the ground beef and pork, onion, green pepper and carrot.
- Place about 2 tablespoons of the meat mixture along the center of the wrapper. The filling should be no bigger around than your thumb or the wrapper will burn before the meat is cooked. Fold one edge of the wrapper over to the other. Fold the outer edges in slightly, then continue to roll into a cylinder. Wet your finger, and moisten the edge to seal. Repeat with the remaining wrappers and filling, keeping finished lumpias covered to prevent drying. This is a good time to recruit a friend or loved one to make the job less repetitive!!
- Heat oil in a 9 inch skillet at medium to medium high heat until oil is 365 to 375 degrees F (170 to 175 degrees C) Fry 3-4 lumpia at a time. It should only take about 2-3 minutes for each side. The lumpia will be nicely browned when done.
- Drain on paper towels.
- You can cut each lumpia into thirds for parties, if you like. In the Philippines, lumpia was eaten with banana ketchup, but I've never seen it sold in America.

## Nutrition Facts

**PROTEIN 13.55%** **FAT 84.65%** **CARBS 1.8%**

## Properties

Glycemic Index:13.97, Glycemic Load:0.43, Inflammation Score:-7, Nutrition Score:14.541304339533%

## Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

## Nutrients (% of daily need)

Calories: 582.06kcal (29.1%), Fat: 54.73g (84.21%), Saturated Fat: 11.11g (69.45%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 2.11g (0.77%), Sugar: 0.91g (1.01%), Cholesterol: 81mg (27%), Sodium: 84.48mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.72g (39.44%), Vitamin E: 5.91mg (39.4%), Vitamin B12: 1.88µg (31.38%), Selenium: 21.04µg (30.06%), Zinc: 4.04mg (26.96%), Vitamin B3: 5.02mg (25.12%), Vitamin A: 1221.61IU (24.43%), Vitamin K: 25.44µg (24.23%), Vitamin B1: 0.33mg (21.95%), Vitamin B6: 0.43mg (21.42%), Phosphorus: 193.33mg (19.33%), Vitamin B2: 0.21mg (12.6%), Iron: 1.91mg (10.61%), Potassium: 363.85mg (10.4%), Vitamin C: 8mg (9.69%), Vitamin B5: 0.67mg (6.71%), Magnesium: 22.85mg (5.71%), Copper: 0.08mg (3.85%), Folate: 12.12µg (3.03%), Manganese: 0.05mg (2.55%), Calcium: 24.71mg (2.47%), Fiber: 0.51g (2.05%)