



## Grandma Nena's Lumpia and Pancit

 Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup apple cider vinegar
- ☐ 0.5 head cabbage
- ☐ 4 carrots diced
- ☐ 0.1 cup flour all-purpose
- ☐ 4 cloves garlic chopped
- ☐ 0.5 teaspoon ground pepper black to taste
- ☐ 8 ounce pancit noodles dry (Canton)
- ☐ 1 quart oil for frying

- ☐ 1 pound pork sirloin boneless cut into 1/2 inch cubes
- ☐ 0.5 teaspoon salt to taste
- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 30 you will also need: parchment paper
- ☐ 0.1 cup water
- ☐ 2 pinches monosodium glutamate (MSG)
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## Equipment

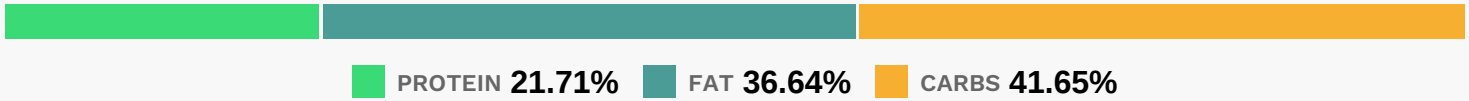
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ stove
- ☐ wok
- ☐ mortar and pestle

## Directions

- ☐ Bring 2 quarts of water of water to a boil in a saucepan.
- ☐ Add chicken, and cook for 10 to 15 minutes, or until done. Reserve chicken stock, and allow chicken to cool.
- ☐ Cut chicken into small cubes.
- ☐ In a large skillet or wok, saute pork until evenly brown. Stir in chicken, cabbage, and carrots. Cook over medium heat until cabbage is tender.
- ☐ Remove from heat, and allow to cool slightly while you separate the wrappers.
- ☐ In small bowl, combine enough flour and water to make a paste about the consistency of glue. Spoon meat mixture into a thin line on each wrapper, and roll up, using a dab of the flour paste to seal the edge. Keep each lumpia thin; if you over fill them, the wrapper will tear. Save about 1/2 to 1/4 of the filling in the pot for the pancit.

- ☐ Heat large skillet with 1/2 to 1 inch of oil. Fry the lumpia one side at a time, until a nice golden brown.
- ☐ Drain, standing each piece upright, in a pot or bowl lined with paper towel.
- ☐ Return the remainder of the filling to the stove, and gently mix in the pancit noodles. Gradually add the chicken stock, and cook until noodles are tender.
- ☐ For the sauce: With a mortar and pestle or back of a spoon, crush the garlic, then mix into the vinegar.
- ☐ Serve in small bowls with spoons. The sauce can be used as a dip, or to spoon into the lumpia.

## Nutrition Facts



## Properties

Glycemic Index:30.98, Glycemic Load:9.32, Inflammation Score:-10, Nutrition Score:28.008260885011%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 554.39kcal (27.72%), Fat: 22.2g (34.16%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 56.78g (18.93%), Net Carbohydrates: 53.12g (19.32%), Sugar: 3.33g (3.7%), Cholesterol: 62.28mg (20.76%), Sodium: 545.58mg (23.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.61g (59.22%), Vitamin A: 4143IU (82.86%), Selenium: 57.79µg (82.55%), Vitamin B3: 11.91mg (59.57%), Vitamin K: 51.52µg (49.07%), Vitamin B1: 0.7mg (46.7%), Vitamin B6: 0.81mg (40.37%), Manganese: 0.79mg (39.67%), Phosphorus: 315.46mg (31.55%), Vitamin B2: 0.48mg (28.11%), Vitamin E: 3.69mg (24.61%), Vitamin C: 18.97mg (23%), Folate: 81.99µg (20.5%), Potassium: 626.67mg (17.9%), Iron: 3.18mg (17.66%), Fiber: 3.66g (14.65%), Magnesium: 56.97mg (14.24%), Zinc: 2.09mg (13.96%), Vitamin B5: 1.34mg (13.45%), Copper: 0.22mg (11.06%), Calcium: 66.98mg (6.7%), Vitamin B12: 0.34µg (5.71%)