



Jamaican Beef Dumplings

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon curry powder
- ☐ 0.3 teaspoon thyme dried
- ☐ 2 tablespoons breadcrumbs dry fine
- ☐ 0.5 pound ground beef
- ☐ 30 servings hot sauce (preferably Jamaican)
- ☐ 0.3 cup onion finely chopped
- ☐ 0.5 cup spring onion finely chopped
- ☐ 4 cups vegetable oil divided

☐ 30 wonton wrappers

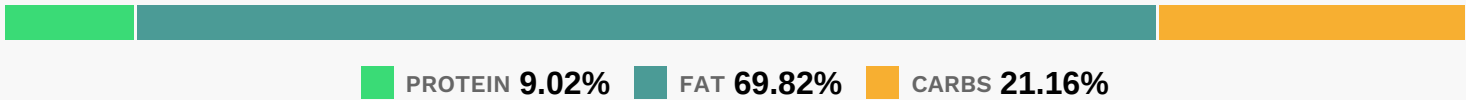
Equipment

☐ frying pan

Directions

- ☐ Cook scallion, onion, curry powder, and thyme in 1 1/2 tablespoons oil with 1/2 teaspoon salt and 1/4 teaspoon pepper in a 10-inch skillet over medium heat, stirring occasionally, until softened, about 5 minutes. Stir in beef and bread crumbs and cook until meat is just cooked through, about 3 minutes. Season with hot sauce. Cool.
- ☐ Put a rounded teaspoon filling in center of a wrapper. Lightly brush edge of wrapper with water, then fold in half (diagonally if square) and press to seal. Form remaining dumplings.
- ☐ Heat 1 inch oil to 350°F in a 12-inch skillet. Fry dumplings in 3 batches, turning once or twice, until golden-brown, 2 to 3 minutes per batch.

Nutrition Facts



Properties

Glycemic Index:2.13, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.4069565076219%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 96.31kcal (4.82%), Fat: 7.49g (11.52%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 5.11g (1.7%), Net Carbohydrates: 4.85g (1.77%), Sugar: 0.14g (0.15%), Cholesterol: 6.04mg (2.01%), Sodium: 55.84mg (2.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.35%), Vitamin K: 14.52µg (13.83%), Selenium: 3.44µg (4.92%), Vitamin B3: 0.78mg (3.92%), Vitamin E: 0.53mg (3.52%), Vitamin B1: 0.05mg (3.36%), Manganese: 0.06mg (3.1%), Vitamin B12: 0.17µg (2.76%), Iron: 0.49mg (2.69%), Vitamin B2: 0.04mg (2.6%), Zinc: 0.39mg (2.6%), Folate: 9.12µg (2.28%), Phosphorus: 20.33mg (2.03%), Vitamin B6: 0.03mg (1.54%), Potassium: 35.4mg (1.01%)