



Lumpia Mollica

 Dairy Free

READY IN



105 min.

SERVINGS



50

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large carrots finely chopped
- ☐ 1 large stalk celery finely chopped
- ☐ 0.3 teaspoon celery seed
- ☐ 1 tablespoon garlic fresh minced
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground ginger

- ☐ 2 pounds ground pork
- ☐ 0.5 teaspoon ground turmeric
- ☐ 1 teaspoon pepper flakes red
- ☐ 50 servings salt to taste
- ☐ 1 quart vegetable oil for frying
- ☐ 32 ounce lumpia wrappers
- ☐ 1 onion yellow

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Heat 1 tablespoon vegetable oil in a large skillet over medium-low heat; cook and stir onion, celery, and carrot until onion is tender and translucent, 5 to 7 minutes. Celery and carrot may still be crisp; season with salt.
- ☐ Add ground pork and garlic. Continue to cook and stir until pork is no longer pink. Season with more salt.
- ☐ Drain any excess grease and stir in red pepper flakes, garlic powder, turmeric, ginger, cumin, coriander, and celery seed. Set aside to cool.
- ☐ Place about 1 tablespoon pork mixture on a lumpia wrapper with one corner facing you. Fold corner closest to you over filling; fold two side corners toward center and continue rolling wrapper around pork.
- ☐ Brush a small amount of water over the top corner and press to seal. Repeat with remaining filling and wrappers.
- ☐ Heat 1 quart vegetable oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
- ☐ Fry rolls in batches until golden brown, 4 to 6 minutes.
- ☐ Drain on a paper towel-lined plate.

Nutrition Facts



 **PROTEIN 14.56%**  **FAT 52.76%**  **CARBS 32.68%**

Properties

Glycemic Index:3.02, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:4.4343478342761%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 136.49kcal (6.82%), Fat: 7.93g (12.2%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 10.59g (3.85%), Sugar: 0.19g (0.21%), Cholesterol: 14.7mg (4.9%), Sodium: 310.63mg (13.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.85%), Vitamin B1: 0.23mg (15.34%), Selenium: 9.66µg (13.8%), Vitamin B3: 1.8mg (9.01%), Vitamin K: 7.58µg (7.22%), Manganese: 0.14mg (6.91%), Vitamin B2: 0.11mg (6.72%), Vitamin A: 262.31IU (5.25%), Phosphorus: 48.83mg (4.88%), Iron: 0.83mg (4.61%), Folate: 17.72µg (4.43%), Vitamin B6: 0.09mg (4.25%), Zinc: 0.55mg (3.65%), Potassium: 81.8mg (2.34%), Vitamin E: 0.34mg (2.27%), Vitamin B12: 0.13µg (2.18%), Magnesium: 8.02mg (2.01%), Copper: 0.04mg (1.94%), Fiber: 0.47g (1.86%), Vitamin B5: 0.14mg (1.37%), Calcium: 13.71mg (1.37%)