



Lumpia (Shanghai version)

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



317 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 teaspoons pepper black
- ☐ 1 carrots grated
- ☐ 1.5 tablespoons garlic powder
- ☐ 1 pound ground beef
- ☐ 1 pound ground pork
- ☐ 1.5 quarts oil for frying
- ☐ 1 medium onion finely chopped
- ☐ 2 tablespoons salt

- ☐ 0.3 cup soya sauce
- ☐ 16 ounce you will also need: parchment paper

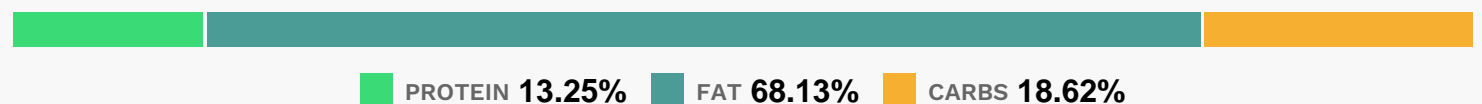
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a Large bowl, combine ground pork, ground beef, onion, and carrot. Make sure to completely mix everything. I suggest getting down and dirty and use your hands. Knead the meat in the bowl if you must. Gradually blend in the soy sauce , black pepper, garlic powder, and salt until all ingredients are evenly distributed.
- ☐ Lay out a few wrappers at a time on a flat surface, and place about 2 tablespoons of the filling in a line down the center of the wrapper. Make sure the filling is no thicker than your thumb, or the wrapper will cook faster than the meat. Take the bottom and top edges of the wrapper and fold them towards the center. Take the left and right sides, and fold them towards the center. Moisten the last edge of the wrapper to seal. Now repeat using the rest of the wrappers, and have hubby or the kids help you out.
- ☐ Heat the oil in a deep-fryer or heavy skillet to 375 degrees F (190 degrees C). Fry 3 or 4 lumpia at a time. Fry for about 3 or 4 minutes, turning once. Lumpia are cooked through when they float, and the wrapper is golden brown.
- ☐ Cut in half, or serve as is with dipping sauce. We like sweet and sour sauce, soy sauce with lemon, or banana ketchup.

Nutrition Facts



Properties

Glycemic Index:6.29, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:8.5952174391436%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 316.54kcal (15.83%), Fat: 23.91g (36.78%), Saturated Fat: 4.64g (28.99%), Carbohydrates: 14.7g (4.9%), Net Carbohydrates: 13.97g (5.08%), Sugar: 0.44g (0.49%), Cholesterol: 34.47mg (11.49%), Sodium: 1020mg (44.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.46g (20.93%), Selenium: 15.59µg (22.27%), Vitamin B1: 0.3mg (20.17%), Vitamin E: 2.61mg (17.37%), Vitamin B3: 3.33mg (16.66%), Zinc: 1.66mg (11.07%), Vitamin K: 11.37µg (10.82%), Vitamin B12: 0.65µg (10.81%), Manganese: 0.21mg (10.74%), Vitamin B2: 0.18mg (10.68%), Phosphorus: 103.21mg (10.32%), Vitamin A: 515.77IU (10.32%), Vitamin B6: 0.19mg (9.71%), Iron: 1.56mg (8.64%), Folate: 24.7µg (6.17%), Potassium: 179.49mg (5.13%), Magnesium: 15.68mg (3.92%), Copper: 0.07mg (3.59%), Vitamin B5: 0.31mg (3.05%), Fiber: 0.73g (2.91%), Calcium: 22.78mg (2.28%)