



Meat and Potatoes Lumpia

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup canola oil
- ☐ 16 ounce egg roll wrappers
- ☐ 0.3 cup bell pepper green minced
- ☐ 8 servings ground pepper black to taste
- ☐ 1 pound ground beef lean
- ☐ 0.3 cup onion minced
- ☐ 1 cup peas-carrots mix shopping list mixed frozen thawed
- ☐ 5 medium potatoes peeled cut into 1/2-inch chunks

☐ 8 servings salt to taste

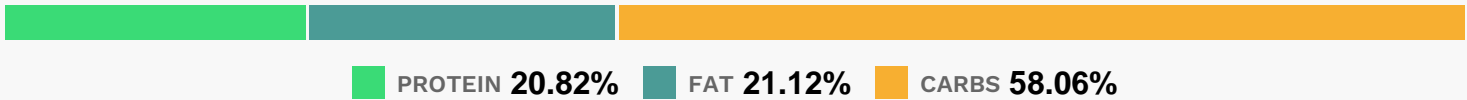
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ deep fryer

Directions

- ☐ Place potatoes in a pot with enough lightly salted water to cover, and bring to a boil. Cook 10 minutes, or until tender; drain.
- ☐ Place the beef, onion, and green bell pepper in a skillet over medium heat. Season with salt and black pepper. Cook until beef is evenly brown and onion is tender.
- ☐ Mix in peas and carrots, and continue cooking until heated through.
- ☐ In a large bowl, mix the potatoes with the beef mixture. Cover and refrigerate (or place in the freezer) until cooled completely.
- ☐ Heat the oil in a large skillet or deep fryer to 365 degrees F (185 degrees C).
- ☐ Lay egg roll wrappers on a flat surface, and place about 1/4 cup filling in the center of each. Fold to form egg rolls, and seal with moistened fingers.
- ☐ In batches, fry the egg rolls in the heated oil about 3 minutes on each side, until golden brown.
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:19.09, Glycemic Load:17.15, Inflammation Score:-9, Nutrition Score:21.113043386003%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 407.14kcal (20.36%), Fat: 9.5g (14.62%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 58.78g (19.59%), Net Carbohydrates: 54.05g (19.65%), Sugar: 1.36g (1.51%), Cholesterol: 40.26mg (13.42%), Sodium: 577.7mg (25.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.09g (42.17%), Vitamin B3: 7.87mg (39.35%), Vitamin C: 32.3mg (39.15%), Selenium: 26.49µg (37.85%), Vitamin A: 1690.45IU (33.81%), Vitamin B6: 0.67mg (33.32%), Manganese: 0.64mg (31.88%), Vitamin B1: 0.46mg (30.82%), Zinc: 3.78mg (25.21%), Iron: 4.52mg (25.12%), Phosphorus: 247.11mg (24.71%), Potassium: 853.9mg (24.4%), Vitamin B2: 0.37mg (21.48%), Vitamin B12: 1.28µg (21.36%), Folate: 80.63µg (20.16%), Fiber: 4.73g (18.94%), Magnesium: 58.72mg (14.68%), Copper: 0.29mg (14.64%), Vitamin B5: 0.82mg (8.19%), Vitamin E: 1.17mg (7.81%), Vitamin K: 7.22µg (6.88%), Calcium: 54.63mg (5.46%)