

# Pan Fried Chinese Dumplings

Yield: 5 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/pan-fried-chinese-pancakes-recipe>

## Ingredients:

- 1 pound ground beef 85% lean or less
- 8 scallions thinly sliced
- 1 tablespoon fresh ginger minced
- 2 tablespoons sesame oil
- 1 teaspoon salt
- 30 dumpling wrappers round
- 2 tablespoons canola oil
- 2 tablespoons water
- 3 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 dash sesame oil

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 5 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 1 grams
8. Sodium: 1290 milligrams
9. Sugar: 1 grams

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