

Jamaican Fried Dumplings

Yield: 6 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/fried-jamaican-dumplings-recipe>

Ingredients:

- 4 cups all-purpose flour
- 2 teaspoons baking powder
- 1 1/2 teaspoons salt
- 1/2 cup butter
- 1/2 cup cold water
- 1 cup vegetable oil for frying

Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 40 milligrams
4. Fat: 52 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 12 grams
8. Sodium: 880 milligrams
9. TransFat: 1 grams

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