

How to make Chinese dumpling wrappers

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-rice-flour-dumpling-wrappers>

Ingredients:

- all purpose flour 3 cups
- water 1.4 cups
- salt ½ teaspoon
- spinach /carrot/beet juice, optional

Nutrition:

1. Calories: 30 calories
2. Carbohydrate: 7 grams
3. Fiber: 1 grams
4. Protein: 1 grams
5. Sodium: 210 milligrams

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