

Italian Dumplings

Yield: 3 min
Total Time: 45 min

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

Ingredients:

- 1 dumplings recipe my
- 1 cup spaghetti sauce my meaty, or low-carb Italian meat sauce of your choosing
- 1/2 cup mozzarella cheese shredded
- 1/4 cup Parmesan cheese
- 1/4 cup ricotta cheese

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 35 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 11 grams
7. SaturatedFat: 6 grams
8. Sodium: 620 milligrams
9. Sugar: 8 grams

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