

Jamaican Fried Dumpling

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 2 cups all-purpose flour
- 3 teaspoons baking powder
- 3 tablespoons butter or Margarine
- 1/2 cup cold water may need to add 1-2 tbsp more
- 1/4 teaspoon salt or to taste
- vegetable oil for cooking

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 25 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 6 grams
8. Sodium: 610 milligrams

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