

# How to Make Chinese Dumplings from Scratch

Yield: 75 min  
Total Time: 260 min

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

## Ingredients:

- 4 cups flour all-purpose, \*see footnote 1
- 1 1/8 cups water 1 cup plus 2 tablespoons / 9 ounces, room temperature
- 4 cups dumpling preferable, filling, refer to lamb with vegetables, kimchi pork, or pork, shrimp and mushrooms

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 5 milligrams
4. Fiber: 1 grams
5. Protein: 2 grams
6. Sodium: 75 milligrams

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