

# Beefy Chinese Dumplings

Yield: 10 min  
Total Time: 35 min

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

## Ingredients:

- 1 1/2 pounds ground beef
- 2 cups chinese cabbage shredded
- 1 carrot shredded
- 1 onion minced
- 1 egg
- 1 teaspoon sugar
- 1 teaspoon salt
- 1 tablespoon soy sauce
- 1 tablespoon vegetable oil
- 14 ounces wonton wrappers

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 70 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 620 milligrams
9. Sugar: 1 grams
10. TransFat: 0.5 grams

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