

Turkish Dumplings Manti

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-manti-recipe>

Ingredients:

- 1 cup whole wheat flour
- 1 egg
- 1 teaspoon salt
- 1/4 cup lukewarm water
- 200 grams ground beef
- 1 onion chopped finely
- 1/4 bunch parsley chopped finely
- 1/2 teaspoon salt
- 1 pinch black pepper
- 1 teaspoon pepper paste
- 1 cup yogurt
- 2 cloves garlic mashed
- 1 pinch salt
- 1/4 cup olive oil
- 2 teaspoons paprika or chili, sweet or hot
- 1 teaspoon dried mint
- 4 cups water to boil dumplings

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 95 milligrams
4. Fat: 25 grams
5. Fiber: 5 grams
6. Protein: 17 grams
7. SaturatedFat: 6 grams
8. Sodium: 1050 milligrams
9. Sugar: 4 grams
10. TransFat: 0.5 grams

Thank you for visiting our website. Hope you enjoy Turkish Dumplings Manti above. You can see more 20 greek manti recipe Ignite your passion for cooking! to get more great cooking ideas.