



Anna's German Dumplings

 Vegetarian

READY IN



95 min.

SERVINGS



12

CALORIES



63 kcal

SIDE DISH

Ingredients

- 3 eggs beaten
- 1 cup flour all-purpose
- 0.8 cup milk
- 0.5 teaspoon salt
- 0.5 cup water cold

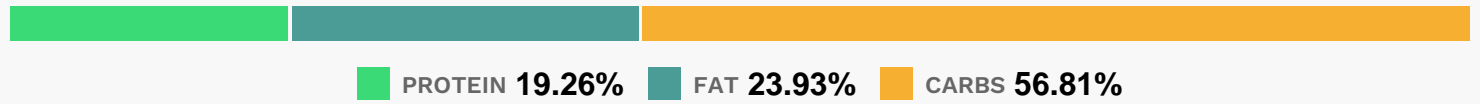
Equipment

- bowl
- sauce pan

Directions

- Place the milk and salt in a saucepan, and set over medium heat. In a small bowl, mix together 1 1/2 tablespoons of flour and water. When the milk begins to bubble, stir in the flour mixture, and cook stirring constantly until thickened, 2 or 3 minutes.
- Let cool until set. You can put the mixture in the refrigerator to speed the process.
- Fold the eggs into the chilled dough.
- Add 1 cup of flour and mix thoroughly (dough will be lumpy). Drop into simmering soups by the teaspoonful. Simmer covered for 10 minutes, remove lid, and simmer 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:6.02, Inflammation Score:-1, Nutrition Score:2.9434782412389%

Nutrients (% of daily need)

Calories: 62.8kcal (3.14%), Fat: 1.64g (2.52%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 8.46g (3.08%), Sugar: 0.8g (0.89%), Cholesterol: 42.75mg (14.25%), Sodium: 119.01mg (5.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Selenium: 7.2µg (10.28%), Vitamin B2: 0.12mg (7.22%), Vitamin B1: 0.09mg (6.31%), Folate: 24.23µg (6.06%), Phosphorus: 48.43mg (4.84%), Iron: 0.68mg (3.76%), Manganese: 0.08mg (3.75%), Vitamin B3: 0.64mg (3.2%), Vitamin B12: 0.18µg (3%), Vitamin B5: 0.27mg (2.71%), Calcium: 26.84mg (2.68%), Vitamin D: 0.39µg (2.59%), Zinc: 0.28mg (1.86%), Vitamin A: 84.11IU (1.68%), Vitamin B6: 0.03mg (1.63%), Potassium: 49.22mg (1.41%), Magnesium: 5.54mg (1.39%), Copper: 0.02mg (1.24%), Fiber: 0.28g (1.13%)