



Austrian Style Liver Dumplings: Canederli

READY IN



46 min.

SERVINGS



4

CALORIES



805 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup asiago grated
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 eggs
- ☐ 0.5 cup flour
- ☐ 2 ounces liver salami cut into small cubes
- ☐ 1.3 cups milk
- ☐ 0.5 teaspoon nutmeg
- ☐ 4 ounces pancetta finely chopped
- ☐ 0.8 pound cocktail rye bread dark cut into 1/2-inch cubes

- ☐ 0.5 teaspoon salt
- ☐ 2 ounces speck cut into 1/8-inch julienne
- ☐ 4 ounces butter unsalted

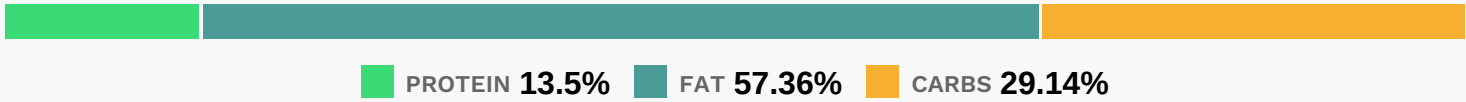
Equipment

- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ Place the bread in a mixing bowl, douse with the milk, mixing well, and let stand 5 minutes.
- ☐ Meanwhile, place the pancetta into a 12 to 14-inch saute pan and place over medium heat. Cook until the fat is melting, about 5 minutes, then add the bread and milk mixture, liver salami, flour, nutmeg, pepper and salt and stir to mix well, about 1 minute.
- ☐ Remove and allow to cool, about 5 minutes.
- ☐ Add the eggs and mix well. Form into quarter-sized balls, yielding about 15 to 20 pieces.
- ☐ Bring 6 quarts water to boil and add 2 tablespoons salt.
- ☐ Place the balls in the water and cook 6 to 7 minutes, until tender. Meanwhile, place the butter and speck in a 12 to 14-inch saute pan and melt over medium heat.
- ☐ Drain canederli well and toss into pan.
- ☐ Add the grated cheese and toss to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:73.58, Glycemic Load:29.08, Inflammation Score:-10, Nutrition Score:35.555216898089%

Nutrients (% of daily need)

Calories: 805.03kcal (40.25%), Fat: 51.21g (78.78%), Saturated Fat: 25.17g (157.34%), Carbohydrates: 58.52g (19.51%), Net Carbohydrates: 53.05g (19.29%), Sugar: 7.26g (8.06%), Cholesterol: 227.49mg (75.83%), Sodium:

1358.81mg (59.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.12g (54.24%), Vitamin B12: 9.42µg (157.07%), Selenium: 57.07µg (81.52%), Copper: 1.61mg (80.63%), Vitamin A: 3466.97IU (69.34%), Vitamin B2: 1.04mg (61.44%), Vitamin B1: 0.69mg (46.32%), Manganese: 0.91mg (45.44%), Phosphorus: 454.33mg (45.43%), Folate: 175.55µg (43.89%), Vitamin B3: 7.88mg (39.4%), Calcium: 329.92mg (32.99%), Iron: 4.53mg (25.16%), Vitamin B5: 2.41mg (24.08%), Fiber: 5.47g (21.88%), Vitamin B6: 0.43mg (21.73%), Zinc: 3.12mg (20.82%), Magnesium: 63.86mg (15.97%), Vitamin D: 2.11µg (14.04%), Potassium: 453.76mg (12.96%), Vitamin E: 1.48mg (9.89%), Vitamin K: 4.41µg (4.2%)