



Blackberry Dumplings

READY IN



45 min.

SERVINGS



15

CALORIES



490 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon double-acting baking powder
- 5 cups blackberries fresh
- 2 eggs beaten
- 3.5 cups flour all-purpose
- 0.3 cup butter cooled melted
- 1 cup milk
- 1 cup sugar
- 2.5 cups sugar
- 2 teaspoons vanilla extract

- 15 servings whipped cream
- 4 cups water

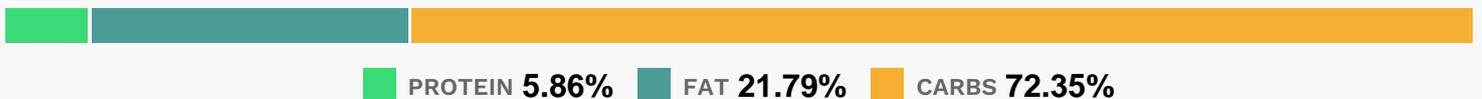
Equipment

- bowl
- mixing bowl
- slotted spoon
- dutch oven

Directions

- Combine blackberries, water, and 2 1/2 cups sugar in a large Dutch oven; stir well. Cook over medium heat until mixture comes to a boil.
- Combine milk, 1 cup sugar, butter, eggs, and vanilla in a large mixing bowl; mix well.
- Combine flour and baking powder, stirring well. Gradually add flour mixture to milk mixture, stirring lightly until dry ingredients are moistened and a soft dough forms.
- Drop dough by teaspoonfuls into boiling blackberry mixture. Cook 2 to 3 minutes or until dumplings rise to surface and center of dumplings test done when pierced with a wooden pick.
- Transfer dumplings to individual serving bowls, using a slotted spoon. Spoon blackberry mixture over dumplings, and serve warm with vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:58.91, Inflammation Score:-6, Nutrition Score:11.538695636003%

Flavonoids

Cyanidin: 47.98mg, Cyanidin: 47.98mg, Cyanidin: 47.98mg, Cyanidin: 47.98mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 17.79mg, Catechin: 17.79mg, Catechin: 17.79mg, Catechin: 17.79mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.24mg, Epicatechin:

2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 490.4kcal (24.52%), Fat: 12.05g (18.55%), Saturated Fat: 5.65g (35.32%), Carbohydrates: 90.05g (30.02%), Net Carbohydrates: 86.26g (31.37%), Sugar: 63.86g (70.95%), Cholesterol: 52.82mg (17.61%), Sodium: 192.52mg (8.37%), Alcohol: 0.18g (100%), Alcohol %: 0.08% (100%), Protein: 7.3g (14.59%), Manganese: 0.52mg (25.99%), Vitamin B2: 0.38mg (22.06%), Selenium: 13.66µg (19.51%), Vitamin B1: 0.28mg (18.5%), Folate: 71.47µg (17.87%), Calcium: 176.63mg (17.66%), Phosphorus: 157.84mg (15.78%), Fiber: 3.8g (15.18%), Vitamin C: 10.48mg (12.71%), Vitamin A: 573.94IU (11.48%), Iron: 1.93mg (10.7%), Vitamin B3: 2.13mg (10.67%), Vitamin K: 9.86µg (9.39%), Vitamin B5: 0.8mg (7.98%), Potassium: 276.28mg (7.89%), Copper: 0.15mg (7.73%), Magnesium: 28.94mg (7.23%), Zinc: 1.07mg (7.12%), Vitamin B12: 0.4µg (6.69%), Vitamin E: 0.96mg (6.43%), Vitamin B6: 0.08mg (3.96%), Vitamin D: 0.43µg (2.86%)