



Blueberry Dumplings

READY IN



50 min.

SERVINGS



8

CALORIES



373 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 quart blueberries fresh
- ☐ 0.5 cup butter softened 1 stick
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup milk
- ☐ 1 pinch salt
- ☐ 1 tablespoon sugar
- ☐ 8 servings whipped cream fresh for serving
- ☐ 2 cups water

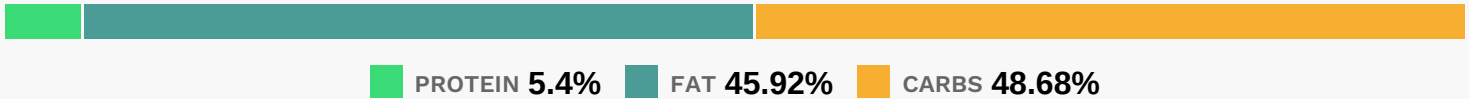
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ pastry cutter

Directions

- ☐ Stir flour, 1 tablespoon sugar, baking powder, and salt together into a medium bowl.
- ☐ Cut butter into dry ingredients, using a pastry cutter or fork.
- ☐ Add milk to form dough. Set dumpling dough aside.
- ☐ In a large saucepan, combine berries, 1 1/2 cups sugar, and water and bring to a boil. Drop dumplings into hot boiling berries by the tablespoonful. Cover pot, reduce heat to low, and cook slowly for 20 to 30 minutes. Do not remove the lid before 20 minutes has passed, and do not stir dumplings.
- ☐ Serve warm with vanilla ice cream or fresh cream.

Nutrition Facts



Properties

Glycemic Index:53.26, Glycemic Load:24.88, Inflammation Score:-7, Nutrition Score:10.12826084054%

Flavonoids

Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg Malvidin: 79.96mg, Malvidin: 79.96mg, Malvidin: 79.96mg, Malvidin: 79.96mg Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

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Nutrients (% of daily need)

Calories: 373.26kcal (18.66%), Fat: 19.56g (30.09%), Saturated Fat: 11.97g (74.83%), Carbohydrates: 46.65g (15.55%), Net Carbohydrates: 42.93g (15.61%), Sugar: 27.69g (30.77%), Cholesterol: 60.46mg (20.15%), Sodium: 209.24mg (9.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Manganese: 0.51mg (25.49%), Vitamin K: 24.09µg (22.94%), Vitamin B2: 0.3mg (17.63%), Fiber: 3.72g (14.9%), Vitamin C: 11.87mg (14.39%), Vitamin A: 708.64IU (14.17%), Calcium: 137.88mg (13.79%), Vitamin B1: 0.2mg (13.23%), Phosphorus: 122.43mg (12.24%), Selenium: 6.9µg (9.86%), Folate: 39.42µg (9.85%), Vitamin E: 1.21mg (8.1%), Vitamin B3: 1.51mg (7.54%), Potassium: 254.12mg (7.26%), Iron: 1.17mg (6.52%), Vitamin B5: 0.64mg (6.43%), Copper: 0.11mg (5.74%), Magnesium: 21.7mg (5.43%), Vitamin B12: 0.32µg (5.38%), Zinc: 0.8mg (5.36%), Vitamin B6: 0.11mg (5.26%), Vitamin D: 0.22µg (1.44%)