



WHATSheATE



Blueberry Dumplings



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



488 kcal

SIDE DISH

Ingredients

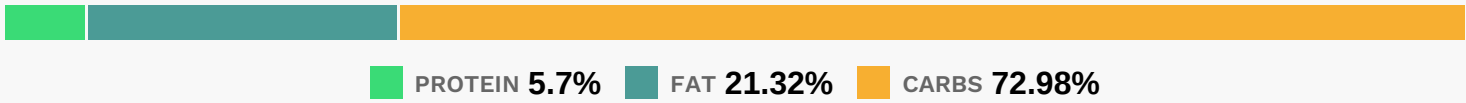
- ☐ 2.3 cups bisquick
- ☐ 2.5 cups blueberries divided
- ☐ 0.5 cup milk
- ☐ 0.7 cup sugar
- ☐ 1 cup water

Equipment

Directions

- ☐ Bring 2 cups blueberries, sugar, and 1 cup water to a boil. Boil 5 minutes.
- ☐ Combine Bisquick and milk; drop dumpling mixture in with a soup spoon.
- ☐ Add remaining 1/2 cup blueberries. Cover, reduce heat, and simmer 20 minutes.
- ☐ Serve with cream
- ☐ NOTE: Batter for dumplings should be stiff.

Nutrition Facts



Properties

Glycemic Index:37.02, Glycemic Load:28.29, Inflammation Score:-5, Nutrition Score:13.145217346108%

Flavonoids

Cyanidin: 7.83mg, Cyanidin: 7.83mg, Cyanidin: 7.83mg, Cyanidin: 7.83mg Petunidin: 29.17mg, Petunidin: 29.17mg, Petunidin: 29.17mg, Petunidin: 29.17mg Delphinidin: 32.77mg, Delphinidin: 32.77mg, Delphinidin: 32.77mg, Delphinidin: 32.77mg Malvidin: 62.52mg, Malvidin: 62.52mg, Malvidin: 62.52mg, Malvidin: 62.52mg Peonidin: 18.77mg, Peonidin: 18.77mg, Peonidin: 18.77mg, Peonidin: 18.77mg Catechin: 4.89mg, Catechin: 4.89mg, Catechin: 4.89mg, Catechin: 4.89mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 488.26kcal (24.41%), Fat: 11.78g (18.13%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 90.76g (30.25%), Net Carbohydrates: 87.13g (31.68%), Sugar: 51.81g (57.57%), Cholesterol: 5.01mg (1.67%), Sodium: 877.11mg (38.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.17%), Phosphorus: 436.78mg (43.68%), Vitamin B1: 0.44mg (29.3%), Manganese: 0.54mg (27.14%), Folate: 89.93µg (22.48%), Vitamin B2: 0.38mg (22.43%), Vitamin K: 22.33µg (21.27%), Vitamin B3: 3.48mg (17.42%), Calcium: 166mg (16.6%), Fiber: 3.64g (14.55%), Iron: 2.15mg (11.92%), Vitamin C: 9.18mg (11.12%), Selenium: 5.93µg (8.48%), Copper: 0.17mg (8.44%), Vitamin B5: 0.83mg (8.25%), Vitamin B12: 0.43µg (7.13%), Magnesium: 26.68mg (6.67%), Potassium: 227.67mg (6.5%), Vitamin B6: 0.12mg (5.9%), Zinc: 0.69mg (4.58%), Vitamin E: 0.63mg (4.2%), Vitamin D: 0.34µg (2.24%), Vitamin A: 102.06IU (2.04%)