



Cornmeal Dumpling Dough

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



700 kcal

Ingredients

- 0.7 cup flour all-purpose (spooned and leveled)
- 0.3 cup cornmeal yellow fine
- 1.5 teaspoons double-acting baking powder
- 1 teaspoon sugar
- 0.3 teaspoon coarse salt
- 1 tablespoon butter unsalted
- 0.5 cup buttermilk

Equipment

- bowl

whisk

Directions

In a medium bowl, whisk together flour, cornmeal, baking powder, sugar, and salt. Using your fingers, work in butter until small crumbs form. Stir in buttermilk.

Nutrition Facts



Properties

Glycemic Index:336.59, Glycemic Load:75.19, Inflammation Score:-8, Nutrition Score:24.593913166419%

Nutrients (% of daily need)

Calories: 700.21kcal (35.01%), Fat: 19.27g (29.65%), Saturated Fat: 10.15g (63.46%), Carbohydrates: 113.74g (37.91%), Net Carbohydrates: 106.5g (38.73%), Sugar: 10.91g (12.12%), Cholesterol: 43.3mg (14.43%), Sodium: 1348.74mg (58.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.8g (35.6%), Vitamin B1: 0.87mg (58.02%), Selenium: 36.05µg (51.5%), Calcium: 510mg (51%), Manganese: 0.92mg (45.79%), Phosphorus: 446.07mg (44.61%), Folate: 176.94µg (44.24%), Vitamin B2: 0.67mg (39.58%), Iron: 6.16mg (34.21%), Vitamin B3: 6.34mg (31.71%), Fiber: 7.24g (28.98%), Magnesium: 88.96mg (22.24%), Vitamin B6: 0.39mg (19.65%), Zinc: 2.7mg (17.98%), Copper: 0.28mg (14.09%), Potassium: 426.59mg (12.19%), Vitamin D: 1.77µg (11.8%), Vitamin B5: 1.15mg (11.52%), Vitamin A: 547.86IU (10.96%), Vitamin B12: 0.58µg (9.6%), Vitamin E: 0.65mg (4.37%), Vitamin K: 1.7µg (1.62%)