



# Cornmeal-Herb Dumplings



Vegetarian



Dairy Free

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READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

166 kcal

SIDE DISH

## Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons optional: dill dried
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 0.3 cup water

☐

1 cup cornmeal yellow

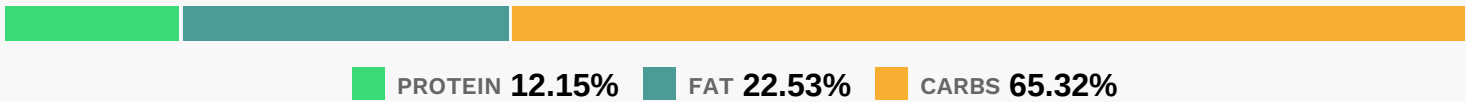
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ slotted spoon

## Directions

- ☐ Combine the first 6 ingredients in a medium bowl.
- ☐ Combine water, olive oil, and eggs, and stir well.
- ☐ Add to dry ingredients, stirring until well-blended. With moistened hands, shape the dough into 32 (1-inch) balls, and set aside.
- ☐ Bring 2 quarts of water to a simmer in a large saucepan, and add half of dumplings. Cover and cook for 10 minutes or until done (do not let boil).
- ☐ Remove the dumplings with a slotted spoon; set aside, and keep warm. Repeat procedure with remaining dumplings.

## Nutrition Facts



## Properties

Glycemic Index:33.44, Glycemic Load:17.53, Inflammation Score:-2, Nutrition Score:6.1847826618215%

## Nutrients (% of daily need)

Calories: 165.71kcal (8.29%), Fat: 4.13g (6.36%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 26.95g (8.98%), Net Carbohydrates: 24.61g (8.95%), Sugar: 0.39g (0.44%), Cholesterol: 40.92mg (13.64%), Sodium: 414.35mg (18.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.03%), Selenium: 9.87µg (14.1%), Manganese: 0.26mg (12.79%), Vitamin B1: 0.19mg (12.52%), Phosphorus: 106.74mg (10.67%), Folate: 40.53µg (10.13%), Iron: 1.76mg (9.79%), Fiber: 2.34g (9.37%), Vitamin B2: 0.15mg (8.63%), Calcium: 73.61mg (7.36%), Vitamin B6: 0.15mg (7.36%), Vitamin B3: 1.43mg (7.15%), Magnesium: 27.61mg (6.9%), Zinc: 0.88mg (5.85%), Copper: 0.08mg (4.1%), Vitamin B5: 0.36mg (3.56%), Vitamin E: 0.45mg (3.01%), Potassium: 105.27mg (3.01%), Vitamin B12: 0.1µg (1.63%), Vitamin A: 74.37IU (1.49%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.28µg (1.21%)