



Crispy 'n' Sweet Pumpkin Dumplings

 Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



343 kcal

SIDE DISH

Ingredients

- ☐ 15 oz pumpkin canned
- ☐ 0.3 cup granulated sugar
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons brown sugar light
- ☐ 10 servings powdered sugar
- ☐ 0.8 teaspoon pumpkin pie spice
- ☐ 10 servings vegetable oil
- ☐ 16 oz won ton wrappers

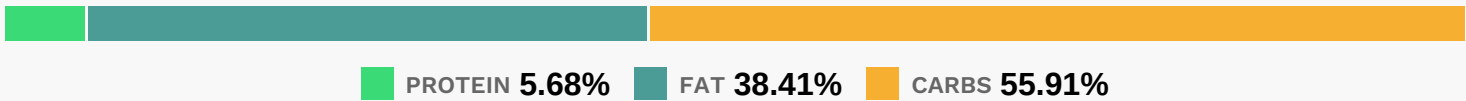
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ plastic wrap
- ☐ dutch oven

Directions

- ☐ Stir together first 5 ingredients in a medium bowl.
- ☐ Arrange 1 won ton wrapper on a clean, flat surface. (Cover remaining wrappers with plastic wrap or a damp towel to prevent drying out.) Lightly moisten edges of wrapper with water.
- ☐ Place about 2 tsp. pumpkin mixture in center of wrapper; fold 2 opposite corners together over pumpkin mixture, forming a triangle. Press edges together to seal, removing any air pockets. Cover with plastic wrap or a damp cloth. Repeat procedure with remaining wrappers and pumpkin mixture.
- ☐ Pour oil to depth of 3 inches in a Dutch oven; heat to 37
- ☐ Fry dumplings, 3 at a time, about 20 seconds on each side or until golden brown and edges are crisp.
- ☐ Drain on paper towels.
- ☐ Sprinkle with powdered sugar, and serve immediately.
- ☐ Crispy 'n' Sweet Chocolate-Hazelnut Dumplings: Omit first 5 ingredients.
- ☐ Whisk together 1/2 (8-oz.) package softened cream cheese, 1 cup hazelnut spread, and 3 Tbsp. all purpose flour until blended and smooth. Proceed with recipe as directed, beginning with Step
- ☐ Note: For testing purposes only, we used Nutella for hazelnut spread.

Nutrition Facts



Properties

Glycemic Index:12.24, Glycemic Load:5.3, Inflammation Score:-10, Nutrition Score:12.369130457225%

Nutrients (% of daily need)

Calories: 342.98kcal (17.15%), Fat: 14.83g (22.82%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 48.59g (16.2%), Net Carbohydrates: 46.51g (16.91%), Sugar: 20.01g (22.23%), Cholesterol: 4.08mg (1.36%), Sodium: 262.71mg (11.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.87%), Vitamin A: 6624.8IU (132.5%), Vitamin K: 32.59µg (31.04%), Manganese: 0.38mg (19.1%), Selenium: 13.12µg (18.74%), Vitamin B1: 0.25mg (16.39%), Vitamin B3: 2.63mg (13.14%), Iron: 2.19mg (12.16%), Vitamin B2: 0.2mg (11.69%), Folate: 44.26µg (11.06%), Vitamin E: 1.6mg (10.66%), Fiber: 2.08g (8.32%), Copper: 0.12mg (5.82%), Phosphorus: 52.07mg (5.21%), Magnesium: 19.36mg (4.84%), Potassium: 131.43mg (3.76%), Calcium: 35.77mg (3.58%), Zinc: 0.41mg (2.73%), Vitamin C: 1.84mg (2.23%), Vitamin B6: 0.04mg (2%), Vitamin B5: 0.19mg (1.87%)