



Dumplings

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



278 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups buttermilk cold
- ☐ 0.8 cup herbs and celery leaves mixed fresh minced
- ☐ 3 cups flour for dusting all-purpose plus more
- ☐ 8 servings pepper freshly ground
- ☐ 1 teaspoon salt
- ☐ 6 tablespoons butter unsalted cold cut into small pieces

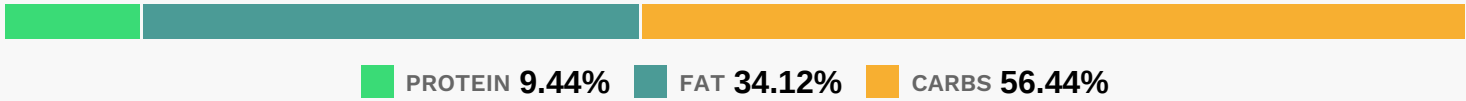
Equipment

- ☐ baking paper
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Whisk the flour, herb mixture, baking powder, baking soda, salt and 1/4 teaspoon pepper.
- ☐ Cut in the butter with a pastry blender until sandy. Stir in the buttermilk.
- ☐ Turn out onto a floured piece of parchment paper. Pat into a 3/4-inch-thick rectangle.
- ☐ Cut the dough into rough 2-inch squares with a large knife. Cover with plastic wrap.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:27.05, Inflammation Score:-5, Nutrition Score:9.9465217927228%

Flavonoids

Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 277.96kcal (13.9%), Fat: 10.51g (16.16%), Saturated Fat: 6.33g (39.58%), Carbohydrates: 39.11g (13.04%), Net Carbohydrates: 37.46g (13.62%), Sugar: 2.63g (2.92%), Cholesterol: 27.52mg (9.18%), Sodium: 653.59mg (28.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.08%), Vitamin B1: 0.39mg (26.29%), Selenium: 17.76µg (25.37%), Folate: 96.35µg (24.09%), Vitamin B2: 0.33mg (19.14%), Manganese: 0.36mg (17.92%), Calcium: 158.94mg (15.89%), Vitamin B3: 2.88mg (14.42%), Iron: 2.41mg (13.4%), Phosphorus: 129.74mg (12.97%), Vitamin A: 436.78IU (8.74%), Vitamin K: 7.67µg (7.31%), Fiber: 1.65g (6.6%), Vitamin D: 0.74µg (4.95%), Potassium:

172.78mg (4.94%), Magnesium: 18.05mg (4.51%), Copper: 0.09mg (4.49%), Vitamin B5: 0.44mg (4.44%), Vitamin B12: 0.22µg (3.75%), Zinc: 0.54mg (3.6%), Vitamin B6: 0.05mg (2.69%), Vitamin E: 0.36mg (2.43%)