



Dumplings and Cocky's Joy (Caramel Sauce)

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



507 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 0.3 cup butter
- ☐ 2 tablespoons confectioners' sugar
- ☐ 1 eggs beaten
- ☐ 0.3 cup golden syrup
- ☐ 0.5 teaspoon juice of lemon
- ☐ 0.3 cup milk
- ☐ 1.5 cups self-rising flour

☐ 1.3 cups water

Equipment

☐ bowl

☐ sauce pan

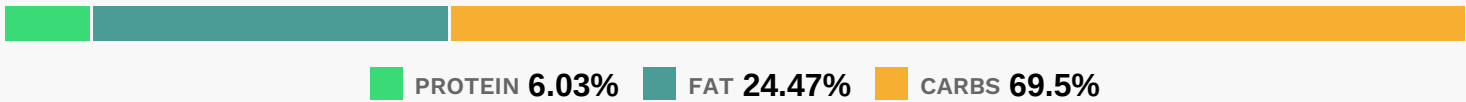
☐ ladle

☐ knife

Directions

- ☐ In a medium bowl, stir together the flour and confectioners' sugar. Make a well in the center.
- ☐ Combine the melted butter, egg and milk; pour into the well. Use a knife to stir until just combined. Set the dumpling mixture aside.
- ☐ In a large saucepan, over medium-high heat, mix together the water, golden syrup, brown sugar and lemon juice until well blended.
- ☐ Add the remaining 1/4 cup of butter, and bring the mixture to a boil. Once the mixture is boiling, carefully drop heaping tablespoons of the dumpling mix into the sauce. Reduce heat to low, cover and cook for 10 minutes, or until the dumplings have risen and cooked through. Ladle syrup over the dumplings occasionally while cooking.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:36.48, Inflammation Score:-3, Nutrition Score:6.0960868817309%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 506.95kcal (25.35%), Fat: 13.82g (21.26%), Saturated Fat: 8.03g (50.22%), Carbohydrates: 88.32g (29.44%), Net Carbohydrates: 87.19g (31.71%), Sugar: 54.04g (60.04%), Cholesterol: 73.25mg (24.42%), Sodium: 125.31mg (5.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.66g (15.32%), Selenium: 22.77µg (32.53%),

Manganese: 0.39mg (19.64%), Vitamin A: 439.63IU (8.79%), Phosphorus: 87.21mg (8.72%), Vitamin B2: 0.11mg (6.18%), Calcium: 60.62mg (6.06%), Copper: 0.12mg (5.97%), Folate: 21.46µg (5.37%), Vitamin B5: 0.48mg (4.84%), Magnesium: 18.45mg (4.61%), Iron: 0.82mg (4.53%), Fiber: 1.13g (4.51%), Vitamin E: 0.64mg (4.27%), Zinc: 0.63mg (4.22%), Potassium: 125.63mg (3.59%), Vitamin B1: 0.05mg (3.42%), Vitamin B12: 0.2µg (3.41%), Vitamin B6: 0.06mg (2.87%), Vitamin B3: 0.53mg (2.65%), Vitamin D: 0.39µg (2.59%), Vitamin K: 1.21µg (1.15%)