



## Dumplings in Maple Syrup (grandpere)

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



372 kcal

SIDE DISH

### Ingredients

- ☐ 1.8 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk well-shaken
- ☐ 1.8 cups flour all-purpose
- ☐ 2 cups maple syrup dark pure (preferably Grade B or amber)
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 8 servings garnish: nutmeg freshly grated
- ☐ 0.5 teaspoon salt

- ☐ 8 servings accompaniment: whole-milk yogurt plain sour
- ☐ 2 tablespoons butter unsalted cold cut into bits
- ☐ 2 cups water

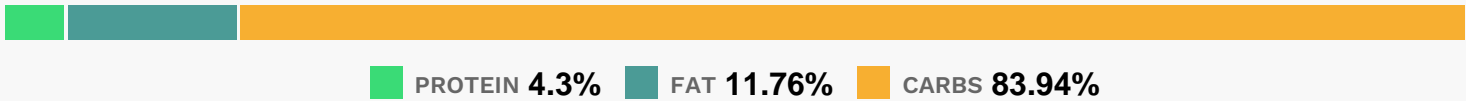
## Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

## Directions

- ☐ Sift together flour, baking powder and soda, salt, and nutmeg into a bowl. Blend in butter with a pastry blender or your fingertips until mixture resembles coarse meal.
- ☐ Add buttermilk and stir with a fork just until dough is evenly moistened (do not overmix).
- ☐ Bring syrup and water to a boil in a 4-quart pot at least 10 inches wide. Drop 8 1/2-cup measures of dough into syrup, leaving spaces to allow dumplings to expand. Gently simmer over moderately low heat, covered, until tops of dumplings are dry to the touch, 15 to 20 minutes.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:46.81, Glycemic Load:35.98, Inflammation Score:-3, Nutrition Score:13.313478249571%

## Nutrients (% of daily need)

Calories: 372.43kcal (18.62%), Fat: 4.85g (7.46%), Saturated Fat: 2.95g (18.42%), Carbohydrates: 77.91g (25.97%), Net Carbohydrates: 76.74g (27.91%), Sugar: 50.44g (56.04%), Cholesterol: 10.85mg (3.62%), Sodium: 350.23mg (15.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4g (7.99%), Manganese: 2.1mg (104.98%), Vitamin B2: 1.21mg (71.4%), Vitamin B1: 0.29mg (19.31%), Calcium: 186.25mg (18.63%), Selenium: 10.49µg (14.98%), Folate: 53.33µg (13.33%), Vitamin B3: 1.74mg (8.68%), Iron: 1.53mg (8.49%), Phosphorus: 81.01mg (8.1%), Magnesium: 30.79mg (7.7%), Potassium: 261.7mg (7.48%), Zinc: 0.93mg (6.22%), Fiber: 1.17g (4.68%), Copper: 0.08mg (3.92%), Vitamin D: 0.44µg (2.95%), Vitamin A: 139.14IU (2.78%), Vitamin B12: 0.15µg (2.5%), Vitamin B5: 0.24mg (2.44%),

Vitamin B6: 0.03mg (1.34%)