



Flat Dumplings

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



125 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.8 cup chicken broth
- 1 tablespoon parsley dried
- 1 eggs lightly beaten
- 2 cups flour all-purpose
- 2 tablespoons onion minced
- 0.5 teaspoon salt

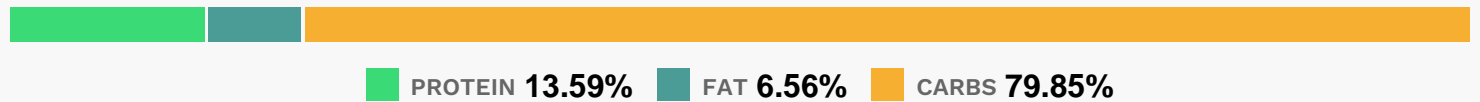
Equipment

bowl

Directions

- Mix together flour, baking powder, and salt in medium bowl.
- Stir together broth, egg, parsley, and onion.
- Add dry ingredients and stir until moistened.
- Turn out on floured board, knead lightly.
- Roll to about 1/8 inch thick.
- Cut into circles and drop into boiling soup or broth. Reduce heat to medium, cook 15 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:17.37, Inflammation Score:-3, Nutrition Score:5.402173910452%

Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 124.8kcal (6.24%), Fat: 0.89g (1.37%), Saturated Fat: 0.23g (1.42%), Carbohydrates: 24.41g (8.14%), Net Carbohydrates: 23.46g (8.53%), Sugar: 0.32g (0.36%), Cholesterol: 20.9mg (6.97%), Sodium: 263.24mg (11.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.31%), Selenium: 12.42µg (17.74%), Vitamin B1: 0.25mg (16.92%), Folate: 60.7µg (15.17%), Manganese: 0.25mg (12.65%), Vitamin B2: 0.2mg (11.71%), Vitamin B3: 1.93mg (9.63%), Iron: 1.65mg (9.17%), Phosphorus: 52.81mg (5.28%), Fiber: 0.95g (3.81%), Vitamin K: 3.52µg (3.35%), Copper: 0.06mg (2.77%), Calcium: 26.85mg (2.69%), Vitamin B5: 0.23mg (2.29%), Magnesium: 9.08mg (2.27%), Zinc: 0.32mg (2.16%), Potassium: 55.43mg (1.58%), Vitamin B6: 0.03mg (1.42%)