



Fresh Peach Dumplings Served with Hard Sauce

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



677 kcal

SIDE DISH

Ingredients

- 0.3 cup butter softened
- 0.8 cup butter shortening flavored
- 2 cups confectioners' sugar
- 1 eggs
- 2 cups flour all-purpose
- 0.3 teaspoon ground nutmeg
- 5 tablespoons ice water

- 6 peaches fresh pitted peeled halved
- 1 pinch salt
- 1 teaspoon vanilla extract

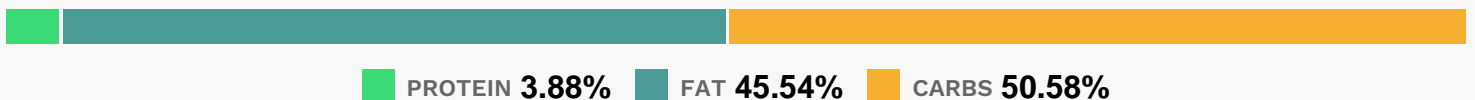
Equipment

- bowl
- baking sheet
- oven
- blender
- hand mixer

Directions

- In a medium bowl, stir together the flour and salt.
- Cut in the butter flavored shortening using your hands or a pastry blender until the mixture resembles coarse crumbs.
- Sprinkle the ice water over the dough, and stir until the mixture comes together. Knead the dough briefly, then divide into 6 pieces.
- Preheat the oven to 375 degrees F (190 degrees C).
- On a lightly floured surface roll out each piece of dough into a thin circle.
- Place two peach halves together, and wrap in each circle of dough, sealing at the top.
- Place the dumplings onto an ungreased baking sheet.
- Bake dumplings for 30 minutes in the preheated oven, or until golden brown. While the dumplings are baking, make the sauce. In a medium bowl, mix together the butter, egg, nutmeg, vanilla and salt using an electric mixer on low speed. Gradually mix in the confectioners' sugar. Spoon over warm dumplings.

Nutrition Facts



Properties

Glycemic Index:39.21, Glycemic Load:28.21, Inflammation Score:-7, Nutrition Score:11.768260919529%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 677.45kcal (33.87%), Fat: 34.84g (53.6%), Saturated Fat: 11.61g (72.58%), Carbohydrates: 87.05g (29.02%), Net Carbohydrates: 83.66g (30.42%), Sugar: 51.96g (57.73%), Cholesterol: 47.62mg (15.87%), Sodium: 100.55mg (4.37%), Alcohol: 0.23g (100%), Alcohol %: 0.1% (100%), Protein: 6.68g (13.36%), Selenium: 19.86µg (28.37%), Vitamin B1: 0.37mg (24.8%), Folate: 89.04µg (22.26%), Vitamin E: 2.99mg (19.91%), Manganese: 0.38mg (19.16%), Vitamin B3: 3.68mg (18.41%), Vitamin K: 18.94µg (18.04%), Vitamin B2: 0.3mg (17.49%), Vitamin A: 765.05IU (15.3%), Iron: 2.62mg (14.55%), Fiber: 3.39g (13.57%), Phosphorus: 95.01mg (9.5%), Copper: 0.19mg (9.42%), Vitamin C: 6.15mg (7.46%), Vitamin B5: 0.71mg (7.09%), Potassium: 242.05mg (6.92%), Magnesium: 22.59mg (5.65%), Zinc: 0.75mg (4.98%), Vitamin B6: 0.07mg (3.46%), Calcium: 19.89mg (1.99%), Vitamin B12: 0.08µg (1.36%)